THE Sun ON SUNDAY

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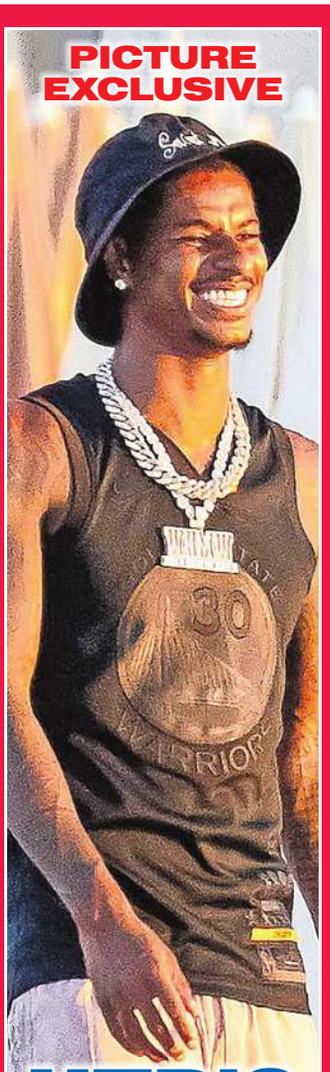
PICTURE EXCLUSIVE



UTD'S RASH IS ON LASH

By STEPHEN MOYES

THREE Lions ace Marcus Rashford is partying hard after his World Cup heroics by splashing the cash on treats for pals.

The 28-year-old Man United star hired a boat on the French Riviera and invited ten women on board.

SEE PAGES 8 & 9

EXCLUSIVE

FARAGE 'HORROR' AT ERROR BY COPS

SEE PAGE 7

STAR'S NEW ROMANCE

Close . . Paddy and BBC publicist Emma in London

Picture: MJ PICTURES

TV Paddy out on dates with BBC's Emma

EXCLUSIVE

By STEPHEN MOYES

TV'S Paddy McGuinness is dating a BBC Radio 2 publicist following his marriage split.

The Take Me Out host and DJ, 52, dined with Emma Carey at a five-star hotel in central London last week.

Paddy — famous for his "no likey, no lighty" catchphrase — split from model wife Christine, *right*, in 2022.

Full Story — Pages 4 and 5

HE LIKEY

PROBATION UNION'S WARNING

MORE WILL DIE

'Women at risk' from early release

40,000 crooks will be out on tags

EXCLUSIVE by DAVID SHIPLEY and THOMAS GODFREY

PROBATION bosses are warning women will be killed because of the Government's "unsafe" early release scheme, The Sun on Sunday can reveal.

The union Napo, which represents probation and court staff, has also declared no confidence in the Prison and Probation Service.

Bosses are now balloting on strike action after slamming PM Andy Burnham and Justice Secretary Alex Norris in a message to members.

Mr Burnham has been forced to roll back parts of the "unfit" release programme after a public backlash.

Serious sex offenders including rapists will now be excluded from the plan. But there will be no change to manslaughter cases – meaning two of the killers of PC Andrew Harper's killers are due out.

Albert Bowers and Jessie Cole, *right*, will be eligible to leave prison after serving half their sentences. A petition against the thugs' early release last night passed 810,000 signatures.

In total, from next month the number of offenders monitored by tags, which are overseen by probation workers, will hit 40,000 – up from 28,000 earlier this year.

Ministers are now said to be looking at further U-turns in the first major scandal of Mr Burnham's premiership. Napo says the reversals do not go far enough, warning in a major intervention that ministers have failed to "address the real issues of public and safe releases".

The union wrote to members: "The Prime Minister and the Justice Secretary have failed to acknowledge the probation workloads crisis that has afflicted the service for over two years."

A senior union source said "plans to release thousands of domestic abuse perpetrators and stalkers early" mean "more people, largely women, will be killed or harmed".

Ian Lawrence, Napo's General Secretary, told The Sun on Sunday: "Everyone is talking about prisons, and yes it is bad, but the crisis in probation is far worse. But yet again, our members are being overlooked while all the attention is on prison."

Shadow safeguarding minister Alicia Kearns told The Sun on Sunday: "Probation officers are the last line of defence between dangerous men and the women they target. When they warn Labour's early release scheme will get women murdered, every minister should be shamed into acting to protect us. Scrap this scheme now."

The Ministry of Justice said: "Our record £700million investment in probation and community punishment is ensuring staff have the resources and powers to manage offenders safely in the community."

The Sun on Sunday Says — Page 12

Justice not served . . . late PC Harper & his widow Lissie

£8M BILL FOR EMPTY NICK

By SOPHIA SLEIGH

TAXPAYERS have spent £8million on the upkeep of a jail that has been empty for two years — while lags are set for early release to ease overcrowding.

And rent, rates and £68million needed to upgrade HMP Dartmoor, *above*, could push costs over £100million in ten years, says a Parliamentary group.

Tory MP Dr Neil Shastri-Hurst said: "The Government needs to get a grip and make proper use of the prison estate."

Disaster if scheme not halted

By NICK TIMOTHY
Shadow Justice Secretary

ANDY Burnham's first significant act as PM was to approve the early release from jail of paedophiles, grooming gang members and killers — like the men responsible for the death of PC Andrew Harper.

Labour finally U-turned on releasing rapists — but only after weeks of pressure from the Conservatives, campaigners and victims.

You need only see the despair of PC Harper's widow, Lissie, to realise this is only a very partial victory.

Justice Secretary Alex Norris apologised to her on the day the new exclusion for rapists was announced — knowing her husband's killers would still go free. That same day, the PM had the gall to say he felt victims' pain. Most of us think sentences served by killers, rapists and paedophiles are already too short.

Now thousands will be freed after half or even a third of their term.

We are told the public will be safe because of advanced tagging and strict licences. But recalls to prison are up 28 per cent and offenders are breaking their licences consequence-free. My party's calculations reveal 9,300 domestic abusers stand to be let out early — and more than 350 guilty of manslaughter.

We hear it will only apply to "less serious" child abusers — but what kind of child abuse is "less serious"?

The Government says it has no choice. But it said that before and then conjured up a thousand spaces to stop rapists being released early.

If it was not telling the truth then why believe it now? It is wrong that criminals who have killed police officers should be set free. There are only two of these eligible for early release in the prison estate. Two.

Is Labour really saying that having identified 1,000 extra slots it cannot find room for those who have taken the lives of police? Our analysis identifies 4,000 usable jail spaces the Government could turn to.

We have empty prisons such as Dartmoor and on the Isle of Wight.

And other countries rent space for their prisoners overseas.

Sweden started housing its first prisoners in Estonia this month. Is it beyond the wit of man to fix this?

We have called on the Government to pass an emergency law to push back the early release scheme on the day Parliament returns — and use the time to keep dangerous criminals behind bars.

A disaster is set to unfold if they are let back on our streets.

Accused . . . Arday

Farage: We must appoint on merit

By SOPHIA SLEIGH

NIGEL Farage says Britain must dump toxic equality ideology as he waded into the Cambridge University plagiarism scandal.

The Reform UK leader said it was time we got back to judging on merit.

He claimed the case of Jason Arday showed the obsession with diversity over talent.

The academic, who was appointed the youngest black professor in the university's history in 2023, has been accused of plagiarism in his work and outlandish claims about his personal life.

Writing in today's Sun on Sunday, Mr Farage said: "Our public bodies are in thrall to Diversity, Equity and Inclusion.

"It has become the central religion of the ruling class. I say it's time we dumped this toxic ideology and got back to judging everyone on merit."

Ruling class religion — Page 12

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ipso. Regulated

PM's UK tour goal

ANDY Burnham returns from his holiday next week to start his summer tour of the UK.

He will make a series of cost-of-living statements, including on sprucing up high streets.

His team says he will sit down with families, workers and shop owners to talk about how to make their lives better.

The PM's spokesman said: "He is going to help inform his ten-year plan to bring back hope to make Britain better off."

Shadow Chancellor Sir Mel Stride said: "They are forcing businesses to close, destroying jobs and driving up prices."

IN BRITAIN'S BEST-SELLING SUNDAY PAPER

TONY PARSONS

Releasing cop killers early is not a good look for the PM

PAGE 11

JANE ATKINSON

Why was mentally ill woman on day out allowed to attack me?

PAGE 27

FREE No1 for TV & fashion

Fabulous

ARIANA GRANDE

LAST NIGHT'S LOTTO BALLS

LOTTO Round One: 14, 18, 26, 45, 50 & 53. Bonus 43. Round Two: 5, 10, 26, 28, 45 & 47. Bonus 14.

TV SPIN-OFF

TO YOUR GOOD ELF, ANYA!

By LEN READ

LIFE'S coming up roses for Anya Taylor-Joy — she's bagged a role as a killer elf in a Lord Of The Rings sequel.

The US-born star, 30, will star in The Hunt For Gollum, *inset right*, playing Seren, described as "a trusted and lethal agent of King Thranduil".

The role was created for the film, directed by and starring Andy Serkis, who reprises his role as Gollum.

When it was announced, Anya said: "I feel like I've been an elf all my life, so it feels validating to do it as a job."

The film is out next year and sees the return of Sir Ian McKellen as wizard Gandalf.

Picture: JEFF SPICER/GETTY IMAGES

Fury girl in I'm a Celeb Bearty

Camping . . how couple could look

VENEZUELA & NOAH

NEWLYWED Venezuela Fury is to swap her caravan for Canada after signing up for I'm A Celebrity: The Wild Frontier.

Ex-world heavyweight champ Tyson's 16-year-old daughter and amateur boxer husband Noah Price, 19, are taking part in the ITV show's new spin-off.

The couple, who found fame on reality TV and wed on the Isle of Man in May, will fly out next month to the heart of grizzly bear country in the Callaghan Valley, British Columbia.

EXCLUSIVE by HANNAH HOPE

A source said: "Venezuela and Noah are super-popular and fans can't get enough of them, devouring every detail of their wedding.

"Producers know casting them will guarantee viewers, as people tune in to see how they get on without their creature comforts.

"Venezuela is very glam, so may struggle to rough it."

The special edition of I'm A Celeb will be hosted by Ant and Dec and will air next year to mark the show's 25th anniversary.

In a big twist to the regular version, the celebs will compete against each other in pairs.

Other pairs include footie pundit Rio Ferdinand and wife Kate, as well as Boyzone's Keith Duffy and his Westlife pal Brian McFadden.

The main edition of I'm A Celeb will continue in Australia as usual this autumn.

hannah.hope@thesun.co.uk

We Won Fury Wedding — Page 30

SPORTING SCANDALS

TOUR de France? More like Tour de Farce . . . riders in the women's version have had their bras checked for padding to ensure they do not change airflow around the body, potentially making them faster by one second per kilometre. We've scattered some other sporting scandals through today's edition of your Sun on Sunday.

EXCLUSIVE: TV FAVOURITE

Painful journey . . . Ola and James

Neither of us in good place, say Strictly pair

By EMILY WEBBER

STRICTLY'S James and Ola Jordan last night spoke for the first time about their marriage split, saying: "Neither of us is in a good place right now."

The couple, who wed in 2003 and share daughter Ella, said: "Speaking personally (James) my mental health hasn't been in a good place for quite some time. I've been struggling more than I've let people see and I'm taking the time I need to focus on getting myself into a healthier place, both for myself and for Ella.

"Neither of us is in a good place right now.

"We're both doing our best to navigate one of the hardest chapters of our lives. We don't know exactly what the future holds. We're taking things one day at a time, doing what we believe is best for ourselves, our family and most importantly Ella."

Split . . Sun P1

Yesterday The Sun told how Ola, 43, and James, 48, who met in 1999, had fallen foul of Strictly's relationship curse.

They are still cashing in with weight-loss business Dance Shred which launched in 2022.

Its website is active and offers £49 plans promising weight loss through dance workouts and meal plans.

The site sees the pair showing off their bodies in before-and-after pictures captioned: "Dance, burn fat and tone in just six weeks. We lost 6½ stone in four months."

The Instagram account for Dance Shred has not been updated since July 2025. The pair still follow the page which includes a link to the site.

Its bio reads: "Burn calories, tone up, and feel amazing today."

Paddy on date with yoga enthusiast at a 5-star hotel

By **STEPHEN MOYES,** Associate News Editor

PADDY McGuinness lights up on a romantic stroll — showing he clearly likeys the BBC publicist who joined him for a dinner date.

The ex-Take Me Out presenter laughed and looked happy as he and Emma Carey headed to the restaurant of a five-star hotel.

Emma, also a yoga instructor, wore a revealing black top and had her arm around the TV favourite, 52.

They later enjoyed fine dining at London's Rosewood Hotel before heading to another hotel nearby on Thursday night.

Paddy hosts a Sunday show on Radio 2, where Emma works.

He was staying in the capital last week while co-presenting ITV1's This Morning with Josie Gibson.

It is the first time he has been seen on a date since his divorce from wife of 11 years Christine, 38.

An onlooker said: "Paddy looked so at ease with Emma. It was obvious they are incredibly comfortable together, and they laughed a lot.

"Fans will be thrilled to see him so happy after the anguish of his marriage split with Christine.

"It's easy to see why he's so smitten with Emma by his side. Paddy looked like the cat that got the cream."

As well as her BBC Radio 2 publicity job, Emma advertises yoga sessions and £2,000 wellness retreats in Thailand.

She has an array of snaps on social media sites showing off her flexible skills in far-flung destinations.

Ex-Top Gear host Paddy and Christine split in 2022 and finalised their divorce in 2024. They share twins Penelope and Leo, 13, and Felicity, nine.

Christine recently said Paddy had told her when he was going to go on a date.

The ex-couple have spoken openly of trying to rebuild their lives and seek out new partners.

They continue to co-parent from their £6.5million family home in Cheshire.

They had planned to buy two smaller properties and sell the mansion. But with no buyer they opted to stay together under the same roof.

Christine told The Sun: "I thought it would be a short-term plan, but it works better than we thought it could. Publicly, the house is up for sale. Privately, we've discussed more and more that we actually think this really works.

"Patrick and I get on, and we always have done. We still have a relationship as co-parents; we respect each other and make it work.

"Patrick has the top floor, the children and I are below. He comes in and out of my room; I go in and out of his room, we all share the living room. I know a lot of people struggle to get their heads around it but it works."

Christine, recently seen in E4 series Celebs Go Dating, said: "When we were married, Patrick would sometimes use the top floor when he had to leave the house early, at 5am.

"It became more and more his room at the top.

"It's just carried on from there. Buying two other properties is a massive commitment. Instead of leaping forward with it, we're doing stepping stones. Perhaps in the future, I can have a little flat, a base with my toothbrush in it.

"I was madly in love with Patrick, and I'll always have love for him."

Christine had relationships with women before meeting Paddy – and since their split. She grew close to Olympic gold medal boxer Nicola Adams and was photographed kissing DJ Roxanne Conway.

Christine said: "I wouldn't consider a relationship with a man.

"I have barely been approached by a man. Subconsciously, I shook that off. I only want to date women now. There's a flame, a fire I feel around certain women, and I love it.

"I would love to refer to someone as my wife one day. But the whole dating world is daunting."

In February 2018, Paddy was pictured on a night out with All Saints singer Nicole Appleton.

Christine later spoke about how difficult that period was for their marriage.

Asked if he was back dating in October, Paddy said: "No, I'm sort of concentrating fully on work and providing for my kids, like most parents."

He said of co-parenting: "Good, great, all nice and bonny. It's absolutely fine."

In 2024 he sparked rumours of a new romance after sharing a mysterious post on social media.

The snap featured two mugs of tea, humorously labelled "His and Hers".

And a year earlier, Paddy was spotted out with TV presenter Kirsty Gallacher in London's Soho.

In a candid chat with Vicky Pattison last year, Christine said Paddy is very honest, adding: "He has said to me when he's been going on a date.

"I think both of us right now, we are very much in the same place, where we're just like, we just don't really know what to do or where to go."

The Sun on Sunday contacted Paddy and Emma for comment.

Split . . . Paddy and Christine married 11 years

Host . . This Morning with Josie last week

New romance comes after break-up with wife Christine

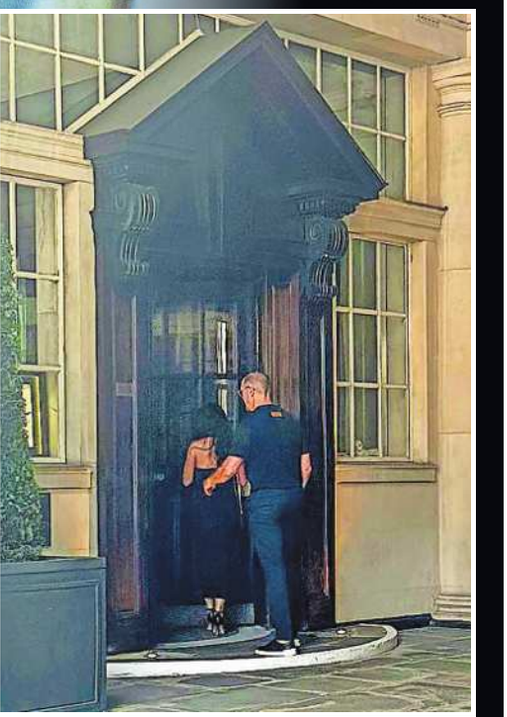
TAKE ME

STROLLS WITH BBC EMMA

Pictures: MJ PICTURES

SO CLOSE THEN OFF TO HOTEL

Smartly dressed Emma puts her arm around TV star on London walk, before they head into five-star Rosewood Hotel for a meal, below



Romantic stroll . . . Paddy and Emma in street on Thursday

OUT

PM PLOT TO FORCIBLY SEIZE PRIVATE HOMES

Eco demand . . . Burnham

ANDY Burnham suggested private landlords should be forced to sell their rental homes just months before becoming PM.

He called for more "public control" of housing so that properties could be made

EXCLUSIVE by SOPHIA SLEIGH

energy-efficient "quickly" to meet green targets.

Speaking at an eco-summit in March when he was Mayor of Greater Manchester, Mr Burnham said: "We can, if necessary, take homes out of the private rented sector and put them into the public housing stock so that we can give people homes that are cheaper to rent and cheaper to run." Shadow energy minister Andrew Bowie said: "Under the guise of Net Zero, Andy Burnham wants to send officers of the state to your door and take your home.

"We should just make electricity cheap and let people choose what works for them, rather than threatening repossession."

Sources said Mr Burnham was specifically talking about Manchester and that his ideas at the time are not government policy.

Under Mr Burnham, Greater Manchester set a target of carbon neutrality by 2038 which includes steps to improve homes.

He also previously called for private rental properties that do not meet legal requirements in the Decent Homes Standard to be bought by councils through compulsory purchase orders.

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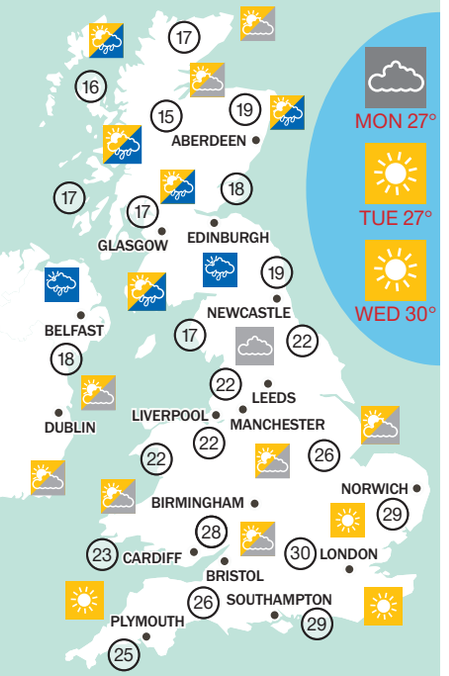
Sun WEATHER



TODAY: Cloudy skies in northern England with breezy conditions. Mostly sunny in southern and south-east regions. West sees some sunshine, while east remains mostly cloudy.

TONIGHT: Cloudy in north and central England with light winds. Partly cloudy in the East Midlands. Fair conditions in south-west England. Mostly cloudy in southern regions.

OUTLOOK: On Wednesday, sunny spells with light winds across England, turning warmer. Thursday sees clearer skies with slightly cooler temperatures in the north and east.

THE UK experienced one of its hottest days on August 9, 1911, when it hit 36.7°C (98.1°F) in the market town of Raunds, Northamptonshire, setting a national record that stood until August 1990. The 1911 peak came during a three-month drought.

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Controversial . . . loo

Council's squat loo for a quid just potty

By LAUREN UTTLEY

A COUNCIL has driven residents potty by installing public squatting loos – and charging them £1 to use them.

Cambridge city council said it had added three of the squat-style cubicles to its new £1million city centre toilets to cater for tourists from overseas.

They say many foreigners prefer squatting.

But Heather Boyd, 60, from Orwell, said: "I certainly think if I'm going to spend £1, I'm not going to squat as well. That is absolutely crazy."

Others condemned the move as "a diabolical rip-off" – pointing out seated toilets elsewhere in the city were free to use.

Retired sales director Neil McArthur, 64, said: "It's near all the tourist buses, so they get off and have to pay £1."

Nic 'mug' on fraud

EX-Scotland First Minister Nicola Sturgeon has ruled out visiting her husband in jail as she felt like a "mug" for continuing to care about him.

She said Peter Murrell, jailed for five years, three months in June for embezzling more than £400,000 of SNP funds, lied to her until the day he finally pleaded guilty.

She added: "I won't be visiting him. I think: 'What a mug, why were you worried about him?' I realised I had been living with somebody I never really knew properly."

SPORTING SCANDALS

RUNNER Rob Sloan was third at the 2011 Kielder Marathon in Northumberland – until it was found he hitched a lift on a spectator bus.

Wife outs affair Rev

A CHURCH minister's wife stunned a packed service by revealing his affair with a parishioner during a sermon.

And the Rev Edward Lyons, 48, now faces a misconduct investigation by Church of Scotland officials into the claims by spouse Caroline, 45.

She was later thought to have booted him out of their home in Newton Stewart, Wigtownshire.

One local said: "Edward appears to be staying with the new woman and they've been seen at the supermarket."

FIREBOMB PROBE WAS BOTCHED
TERROR OFFICERS REOPEN CASE

Colleagues . . . murdered Ann Widdecombe with party leader Nigel Farage

Farage left horrified by cop bungles

Aftermath . . . police at Ann's Dartmoor home following her murder and, right, Mr Farage placing flowers nearby

EXCLUSIVE by SOPHIA SLEIGH, JULIA ATHERLEY and MIKE SULLIVAN

NIGEL Farage is said to be horrified that police botched an investigation into an alleged firebomb attack on his home — more than a year before the murder of Reform colleague Ann Widdecombe.

Counter terror officers probing Ann's death at her Dartmoor bungalow are now looking again at the April 2025 incident in London.

They said they had found a line of inquiry that they did not investigate at the time. And they referred themselves to watchdog the Independent Office for Police Conduct.

Allies of Reform leader Mr Farage last night told The Sun on Sunday he was "horrified". A source said: "There has been a very serious policing error which is why counter terror police have referred themselves to IOPC, which is unprecedented."

Reform deputy leader Richard Tice said: "Only recently have the authorities woken up to the abuse and intimidation I and other Reform MPs have had, despite plenty of real examples that we have provided.

"For too long, the threats we have faced have not been taken seriously.

"The fact that the police have referred themselves to the IOPC speaks for itself. They recognise that they've messed up."

Mr Farage revealed that a "lit incendiary device" was pushed through his letterbox.

At the time, police believed it was an attempted burglary gone wrong and the case was closed with no arrests made.

But on Friday night Counter Terror Policing admitted there was a line of inquiry "which was not identified and pursued by them at the time, which may have been relevant".

Meanwhile, officers continue to investigate potential terrorist offences related to Ann's murder last month in Haytor, Devon. There is no suggestion from police that the events are linked, nor has anyone been arrested over the burglary in April 2025.

Met Police Assistant Commissioner Laurence Taylor, head of Counter Terror Policing, previously said one line of investigation involved whether the Widdecombe murder suspect was targeting "other Reform politicians".

Mr Farage, who visited Ann's home to leave flowers, first spoke out about the incident at his then-house in Bromley, Kent, earlier this year following revelations he received a seven-figure personal gift to pay for his security.

He told The Telegraph: "It was an outright arson attempt.

"I wasn't at home at the time but when I came back and opened the door I found the damage.

"Luckily, it had burned itself out and we think maybe the perpetrators were disturbed in the act. The police were all over it. They did their best but there are no suspects so far."

Yesterday an IOPC spokesperson said: "We can confirm that the IOPC has decided to independently investigate the conduct of a Counter Terrorism Policing London staff member following a referral received yesterday."

Ann's family have been informed of the latest development. The former Conservative minister and Strictly star, 78, was found dead on July 8.

Her killer is believed to have been inside her home for just two minutes during which time he hit her over the head with a hammer 21 times.

Joshua Kerry, 28, of Rotherham, South Yorks, appeared in court last month charged with murder and remains under arrest on suspicion of the commission, preparation or instigation of acts of terrorism. Kerry was remanded in custody ahead of a trial next June. He has not entered a plea.

He is alleged to have driven 267 miles to carry out the attack, entering through her front door. He is then said to have lashed out in her kitchen.

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EXCLUSIVE: UNITED ACE

MRS FODEN SELLS OFF ENGLAND SHIRTS ON Vinted

Millionaire . . . Phil with girlfriend Rebecca

EXCLUSIVE by AMIR RAZAVI, JANE ATKINSON and EMILY WEBBER

SNUBBED England ace Phil Foden's girlfriend is flogging new Three Lions shirts on Vinted – after her World Cup trip with other Wags did not go ahead.

Rebecca Cooke, 25, offers two shirts on the second-hand website for £70 each – the latest white home and red away strips.

The jerseys were modified by a clothing brand which tightened the waists for women.

Other England Wags who did make it to the US and Mexico for the World Cup wore the same tops – including Ollie Watkins' wife Ellie and Anthony Gordon's girlfriend Annie Keating.

The tops – both in size 12-14 – are listed as being "new with tags".

They have been modified by Essex-based company A Vintage Fit.

The shirts cost £89.99 on the official England site and the firm charges £90 each to adapt them.

Mum-of-three Rebecca's England tops are among more than 100 items for sale on her page.

Also included are four cinched Man City tops – including last season's grey and bright green third kit for £70 in "perfect condition".

Two City shirts are vintage from retro footie kit firm Score Draw.

Rebecca's account states: "Selling new & used authentic items only. Account ran by management team." It was not known if she donates money raised to charity.

She was expecting to go to this year's World Cup tournament with £15million-a-year Man City star Phil, 26. He was devastated at being dropped. A source said: "Perhaps Rebecca had one foot on the plane when she got the tops." We approached Rebecca and Phil for comment.

Listed . . . England strip

Listed . . . a City shirt

● **UNDER-FIRE** Fifa boss Gianni Infantino faces a Uefa probe into his entire tenure as an exec at European football's governing body from 2000 to 2016, the Telegraph reported last night. It comes after claims he had an affair with a junior employee who was promoted by him and later paid off by Uefa – which he denies.

Champagne lifestyle . . . Rashford with a £650 bottle of bubbly relaxing on a luxury boat

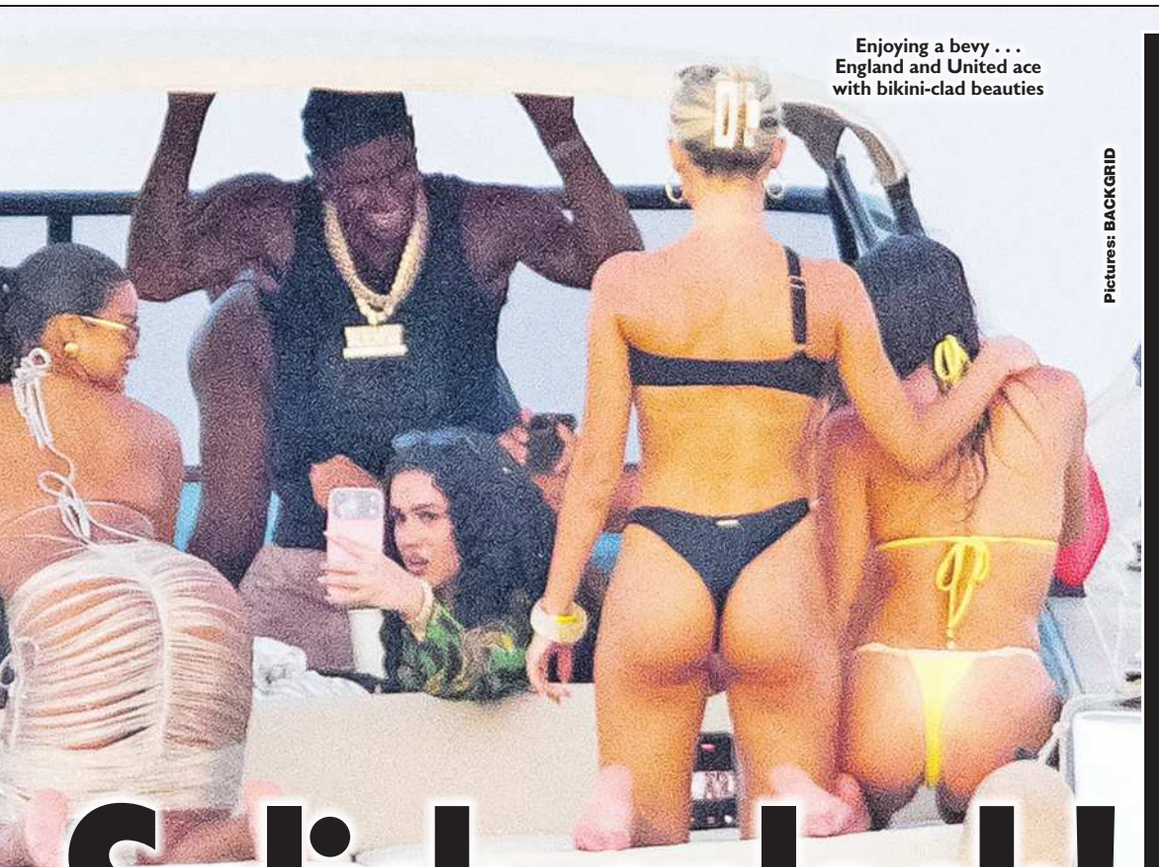
FOOTBALLER Marcus Rashford becomes Flash Rash on holiday as he throws his cash around for a group of girls on a luxury boat.

The England and Man Utd star shared a £650 bottle of Armand de Brignac Brut Gold champagne with pals.

He also wore an expensive pair of Louis Vuitton trainers, a chunky silver chain with a pendant that read "Home is where the heart is" and a £23,000 black Hublot Square Bang Unico watch.

The 28-year-old, said to be paid £325,000 a week, enjoyed his post-World Cup break on

IS GIRL CRAZY ON BOAT



Enjoying a bevy . . . England and United ace with bikini-clad beauties

Pictures: BACKGRID

Splish splash! 3 Lions Rash flashes cash

BUT NO SIGN OF GIRLFRIEND LUCIA

By STEPHEN MOYES
Associate News Editor

a hired boat on the French Riviera with ten female pals – but with no sign of his girlfriend, Lucia Loi.

A witness said: "The England lads played so well at the World Cup and deserve some downtime after a heroic third-place finish.

"It was kind of Marcus to share his time off with a group of stunning women on the ocean waves. He's really living the dream."

After a year-long loan to Spanish La Liga side Barcelona, Rashford is set for a return to boyhood club United for the new Premier League season, starting later this month.

He is due to rejoin Michael Carrick's outfit next week but has also been linked with an £80million transfer to clubs including Arsenal and Spurs.

Rashford made his debut for United aged 18 in 2016 and went on to make 426 appearances in all competitions.

But he has not pulled on a United shirt since the Europa League tie against Czech side Viktoria Plzen in December 2024 and fell out with former Red Devils boss Ruben Amorim.

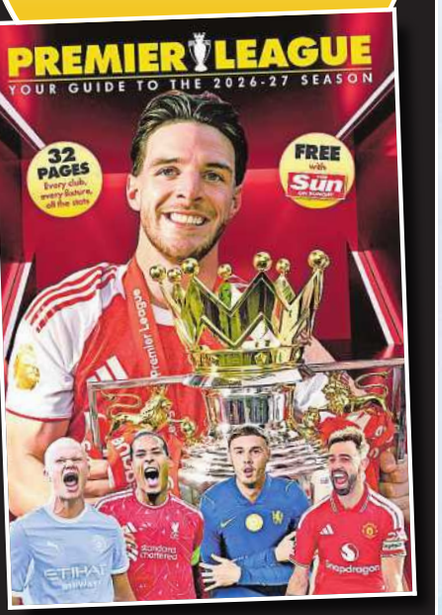
When Amorim left him out of the team for an 11th successive game, the manager said he would rather play his 63-year-old goalkeeping coach Jorge Vital than Rashford.

Amorim was in a stand-off with the England international, who previously declared he wanted a "new challenge" away from the club he had spent more than a decade representing.

United sacked Amorim on January 5, 2026, after 14 months in charge, following a 1-1 draw against Leeds United and growing tensions with the club hierarchy.

Rashford could make his return in a pre-season friendly against Leeds in Dublin on Wednesday. Then on Saturday, United play AC Milan – where Amorim is now the manager.

FREE NEXT WEEK



32-PAGE PREM MAGAZINE WITH ALL THE STATS & FIXTURES

GET your copy of our 32-page Premier League magazine in next week's The Sun on Sunday.

We preview all the teams and fixtures and it's packed with fascinating facts and stats.

It will weigh up all the contenders hoping to stop Arsenal retaining their crown. All the new coaches — as well as those vying for the Golden Boot — also come under the spotlight.

Surprised . . bride Fatima, and below, footie ace

FANS MISTAKEN BRIDENTITY, RON

A BRIDE and groom were mobbed yesterday by fans who mistook them for footballer Cristiano Ronaldo and partner Georgina Rodriguez.

Fabio Ramos and Fatima Nicole Cunha Teixeira married at Funchal Cathedral in Madeira, Portugal.

morrisons.com Majority of stores. Excludes Morrisons Daily. Online varies. Heinz Beanz 4x415g, £1.81/kg, offer ends 11/08/26. Napolina Chopped Tomatoes 400g, £1.88/kg. Batchelors Cheese & Broccoli and Chicken & Mushroom Pasta 99g, £9.09/kg. Heinz Tomato Ketchup 460g, £5.43/kg. Napolina, Batchelors and Ketchup offers end 08/09/26.

Tony Parsons

Follow me on X @TonyParsonsUK

Freeing PC killers early will mean hol lot of trouble for bunk-off Burnham

WHO the hell goes on holiday when they have only been in the job for 15 days?

Answers on a postcard please to Larry the Cat, 10 Downing Street, London SW1.

The last Conservative Prime Minister, young grafter Rishi Sunak, worked for nine months straight before he took a break. Andy Burnham has bunked off work after just over a fortnight.

This would be a terrible error of judgment for *any* new Prime Minister.

For the head of a government rolling out its universally despised Sentencing Act – which releases violent criminals and grooming gang members early to ease pressure on overcrowded prisons – it looks like career suicide. Our country is united in its outrage at the proposed early release of Albert Bowers and Jessie Cole, two of the killers of PC Andrew Harper.

PC Harper died in August 2019 when he tried to stop Bowers, Cole and Henry Long when they were stealing a £10,000 quad bike in Berkshire.

Andrew's feet became trapped in the loop of a strap trailing behind a getaway vehicle and he was dragged for a mile in the darkness at "breakneck speed", dying of his catastrophic injuries.

Andrew Harper was 28 years old. He had been married for 28 days. Henry Long, the driver of the car that killed Andrew, received a 16-year sentence and is not eligible for early release. Albert Bowers and Jessie Cole got 13 years in 2020 for manslaughter.

HOLIDAY . . . PM

Under Labour's nauseating new rules, even that laughably lenient sentence is set to be cut in half.

Police Federation boss Aileen O'Connor wrote in this newspaper that the PM and Justice Secretary Alex Norris should stand before PC Harper's widow Lissie and his family "and explain why those responsible for killing a police officer should be eligible for early release".

That is what you should be doing today, Mr Burnham – defending a policy that turns the stomach of most British people. Not rubbing in the factor 50 and sucking on your Cornetto.

Burnham should be home *today* bringing in emergency legislation that means killers of emergency workers can *never* be set free prematurely.

The Government tells us there is no room in prison for these gormless scumbags. That is a lie.

Here is how we create cell space.

There are around 10,000 foreign prisoners in our prisons – send them all back to where they come from.

Violent scumbags

And there are record numbers of elderly inmates in their 80s and even 90s – nearly 500 incredibly old lags.

Are they all a greater danger to society than the killers of PC Harper?

There are 12 female prisons in England and Wales, most of the inmates serving sentences of six months or less for non-violent crime.

Why not repurpose ten female prisons full of non-violent offenders for violent men?

Foreign criminals, elderly lags and non-violent female inmates should all be removed from British jails before the release of Albert Bowers and Jessie Cole.

These smirking, cocky bastards laughed their way through their trial.

They must be laughing still.

Enjoy your unearned hols, Andy.

But know this – releasing cop killers early is not a good look for a new Prime Minister.

Especially a PM who skives off work after two weeks in the job.

OUR Foreign Secretary, Ed Miliband, gamely grinned as he shook hands with his US counterpart Marco Rubio. Ed diplomatically declined to say if he still believes, as he has previously blabbed, that the US President is "an idiot, a racist and a misogynist".

There was also no word from the Trump administration on if they still call the Foreign Secretary by the nickname "Ed Miliwatt", in honour of the teeny power generated by Ed's beloved Net Zero.

Now that's what I call a special relationship!

OVER the past ten years, we have chucked £1billion at France as an incentive to stop illegal migrant boats.

It is not working. More than 200,000 migrants have crossed the Channel since 2018 – enough to populate a place the size of Luton, Bolton or Aberdeen.

When will we realise the obvious? It will never matter how much money we throw at the problem of the illegal boats.

The French will always be happy to see the back of them.

Newspapers cover every angle, Donna

DONNA AIR celebrated turning 47 by posing naked with a copy of the Los Angeles Times.

Never try that with a digital subscription, Donna.

APPROVAL . . Charles

KING'S RULE A WINNER

WHEN our longest-reigning monarch in history died, many believed that the Royal Family's days were numbered.

Queen Elizabeth II, on the throne for 70 years and 214 days, was a hard act to follow. Perhaps an impossible act to follow.

Not least because, when the Queen died aged 96, her son and heir was already 73 years old.

But against all the odds, King Charles III has pulled it off.

His approval ratings with the British public are at the highest since his coronation – 68 per cent of Brits believing Charles has done a good job.

He has reigned with a deft touch. In June he became the first monarch in our history to reveal his tax bill, contributing £12.9million to the nation's coffers.

This King has turned out to be a diplomat of genius. In our post-Brexit Europe, he has healed wounds, speaking warm words of reconciliation to the politicians of France and Germany. In their own languages!

In the volatile United States of Trumpland, Charles handled himself with humour, grace and charm. Much closer to home, he has handled difficult relations like his oldest brother and youngest son with a firm hand.

It is in his genius for diplomacy that Charles most resembles his late mother. The Queen met Vladimir Putin, Robert Mugabe, Xi Jinping and Donald Trump – and breezed through every event with great dictators standing meekly by her side.

Now it is King Charles III who is this country's greatest ambassador.

Against all the odds, now it is King Charles III who has us asking: How can anyone possibly follow him?

WE are told that Gianni Infantino will "not go quietly" from his job as Fifa's boss.

Then I suggest that he goes kicking and screaming. But go Gianni surely must.

Just get this shameless, money-grabbing slaphead out of world football for ever.

COURAGE . . . Grande

ENJOY A REST, ARIANA

IN the history of popular music, nobody has suffered anything like the trauma endured by Ariana Grande.

In 2017, she had just left the stage in Manchester when suicide bomber Salman Abedi detonated the home-made device that killed 22 people and inflicted life-changing injuries on many more.

Many of the victims were children and Ariana Grande fans.

Nobody can imagine the pain, anguish and mental scars that must last for everyone involved.

This was a terrorist attack at a concert that was meant to bring nothing but happiness.

Ariana has carried that burden with unimaginable grace and bravery.

Nobody has a closer connection to their fans.

And she has not let the trauma of Manchester stop her from having a high-flying career, not least her turn in the film Wicked alongside Cynthia Erivo.

After a lot of scrutiny about the way she looks, Ariana has decided to step back from her career.

Typically, she insists her ten London shows later this month will go ahead before she slips from the spotlight.

The world should give her all the space, time and privacy she needs to get happy, healthy and well. This unbelievably courageous young woman has earned it.

PARIS HILTON is the latest Ginger Spice wannabe to slip into a Union Flag frock in a gallant attempt to look like Geri Halliwell in 1997.

But these imitations are invariably far too long to have the same impact.

Geri's iconic "dress" was about the same length as your grandad's vest.

After one wash too many.

THE Sun ON SUNDAY
SAYS 09|08|26

KEIR STARMER'S former right-hand man Morgan McSweeney admitted the ex-PM and his top team were never ready to govern.

The Number Ten chief of staff for almost two years admitted last month: "We didn't prepare enough for what kind of world we were going to be in."

It is a spot-on assessment of Sir Keir's disastrous Labour regime.

But if that was true of a leader who fought and conclusively won a general election, what does it say about our new unelected Prime Minister Andy Burnham?

On holiday . . . new PM

You can't wing it as PM, Mr Burnham

First he was anointed unopposed without any proper manifesto or scrutiny.

Then he offered two weeks of glad-handing and feelgood vibes.

Before we knew it he was swanning off on holiday, leaving the country in the midst of a full-blown prisons crisis.

A crisis which, by the way, has been on the horizon for nearly three years.

Instead of preparing for the tough decisions needed to meet this head-on, the new PM made sympathetic noises.

He then feebly held up his hands and said it was impossible to prevent the early release of two of the thugs responsible for the death of hero PC Andrew Harper.

The British people are rightly furious.

This has resulted in a petition with the best part of a million signatures opposing the release of unrepentant yobs Albert Bowers and Jessie Cole.

Only now does it seem likely that Mr Burnham will consider a U-turn to find a way out of the mess he has created for himself.

It won't be easy. It may involve new legislation. It may even involve some hard work to re-open shuttered prisons like HMP Dartmoor, which is sitting empty but expected to cost taxpayers £100million.

But leadership involves planning as well as tackling difficult and unpopular issues.

Which raises a vital question.

If Andy Burnham failed to spot THIS crisis coming, how will he cope when a massive live emergency is thrown at him?

End tax whiproundOUR story today on Pages 14 and 15 about the PIP benefit claimant who also works as a dominatrix raises serious questions.

Melanie Bull claims more than £1,000 a month in welfare, some of which is compensation for being so disabled that her work prospects are limited.

But she can also earn up to £1,000 a month financially humiliating her clients.

The DWP needs to investigate.

Her clients may get their kicks from being financially humiliated. Taxpayers do not.

the SUNDAY ISSUE | REFORM LEADER ON SCANDAL OF 'WALTER MITTY' CAMBRIDGE PROF

Diversity, Equity and Inclusion is ruling class's religion. They promote people for what they represent not do

'FANTASIST' . . . Jason Arday was youngest black professor ever at Cambridge University

By NIGEL FARAGE

JUST for a moment, imagine someone approached you in the pub this weekend and told you they'd once played football semi-professionally.

Big deal, you'd most likely think.

Anyone who's ever laced a pair of boots these days claims to have had a trial at some time or other.

Ah, but had any of them simultaneously taken up snooker and won serious cash in tournaments all over London?

Well, that is impressive, I suppose.

Not just that, but this extraordinary-sounding fellow would also claim to have run 30 marathons in 35 days (partly with a broken leg, no less!) – a feat even the most elite long-distance runners would struggle to emulate.

Branded a pariah

On top of that, he just so happened to be a highly decorated scholar at one of the world's most elite universities, published multiple times and garlanded by leading academics the world over.

Come off it, you'd think – now you're being silly. Oh, and to top it all, he grew up disabled and only learned to actually speak when he was 11 years old.

At this point of the conversation, most sane people would politely return to their pint and dismiss their fellow tippler as a Walter Mitty figure whose tall tales were possibly lifted from the pages of Boy's Own.

And yet, incredibly, the supposedly learned dons of Cambridge University swallowed every word this man said – hook, line and sinker.

The fantastical case of Professor Jason Arday will doubtless have provided people with much amusement this week.

But beyond the laughs, the fact so many supposedly high-minded individuals were taken in by Arday's tall tales reveals something rather alarming about the establishment which quietly rule us.

Even the most basic research conducted by the Press in recent weeks revealed gaping inconsistencies in his supposed life story.

Not just his dubious claims of sporting achievement but, more importantly, the fact significant parts of his research appear to have been plagiarised.

But Cambridge seemingly failed to carry out even the most basic of checks.

Or, at least, they chose not to. It's impossible to get away from the sense the bigwigs there simply couldn't wait to announce Arday as the University's youngest ever black professor.

Because the truth is, whether it's the BBC, the NHS or even the police, our public bodies are nowadays in thrall to Diversity, Equity and Inclusion.

It has become the central religion of the ruling class, so much so that credentials play second fiddle to identity.

People are now promoted, protected or celebrated not primarily for what they can do, but for what they represent.

Even questioning it can see you branded a pariah.

Valuing excellence

I'm sorry, but this is deeply unfair.

Even worse, it is incredibly patronising to the very people it claims to help.

It makes me shudder to think how many talented academics were passed over in favour of Arday by those desperate to parade their diversity credentials.

Worst of all are the hugely talented academics from minority backgrounds whose entirely bona fide credentials could now be looked upon with suspicion because of this man's duplicity.

Britain became great by valuing excellence, hard work and individual achievement.

I say it's time we dumped this toxic DEI ideology and got back to judging everyone on merit.

Noel . . . and comic Norman

Deal for Noel on Norman isle pad

EXCLUSIVE by HANNAH HOPE

NOEL Edmonds has bought late comedian Norman Wisdom's home on the Isle of Man.

The ex-Deal Or No Deal TV presenter, 77, snapped up the property last year.

Comedian Norman, who died aged 95 in 2010, owned several Manx properties and has a statue in capital Douglas.

Noel, who lives in New Zealand, said: "I love spending the summer months on the Isle of Man, where we have a holiday home.

"It's reminiscent of the way England was before. Neighbours talk to neighbours. There's a huge sense of community."

But he denied it was a tax haven. "You go to Jersey or Guernsey for that," he added.

Bourbon warfare

ALDI has shortened its bourbon biscuits to the size of a custard cream – and claims they are now better for dunking.

They now have eight holes instead of ten – a loss of about half a centimetre a biscuit.

One angry buyer called it "Aldi biscuit betrayal".

Another said: "It's wrong. Bourbons have three bites, not two."

Aldi said the price per gram was the same.

It added: "It means better dunkability and fewer biscuit casualties at the bottom of your brew."

SPORTING

TOWIE star James Argent's sister Natasha gave back her 2016 London Marathon medal after a 48-minute stage-skipping second-half.

SCANDALS

Jail sext to 'Pablo'

A PRISON officer sent sexually explicit photos of herself to a jailed drug-dealer, a court heard.

Jahvine Kwamba was 19 when she swapped 5,000 Snapchat messages with Robert Sokolovs – who dubbed himself "the Latvian Pablo Escobar" in a nod to the Colombian drug lord.

She was described as "easy prey" for Sokolovs when he was locked up at HMP Fosse Way, Leics, before being deported.

Kwamba, now 21, of Doncaster, got eight months at Leicester crown court for misconduct.

WEBBING OF THE YEAR

Life's a Jag . . . for newly weds Tom and Zendaya, above, and right

Tom in tears at his bride Zendaya

Pair drove off in vintage Jaguar

CRYDER-MAN

By RACHEL DALE, AMIR RAZAVI and BRENDAN McFADDEN

SPIDER-MAN star Tom Holland broke down in tears at his wedding when he saw bride Zendaya walk down the aisle.

The pair – spotted in a vintage green Jag in London three days after their wedding – got hitched at the Beaverbrook country estate, in Surrey, on Tuesday.

A close source told The Sun on Sunday the actor, 30, welled up because the big day was so "charged with emotion".

It had been claimed by Law Roach, a long-time stylist for the actress, 29, the ceremony was a celebration of the pair's secret wedding in March. But we can reveal Tuesday was their wedding day.

The source said: "All the guests were left in no doubt that the wedding and the ceremony were the real deal."

Meanwhile, Tom was seen driving the Jag, with Zendaya his passenger, in South West London on Friday – suggesting the motor may have been a wedding gift.

U.S: DEAL SOON TO OPEN STRAIT

THE Strait of Hormuz could soon reopen as a deal between Iran and Oman looms, a US official has claimed.

They said progress was made in talks between the nations, which sit on either side of the Strait.

A deal between Iran and Oman over control of the strategic waterway is seen as crucial to a wider peace agreement in the US's five-month war with Iran.

By NICK PARKER

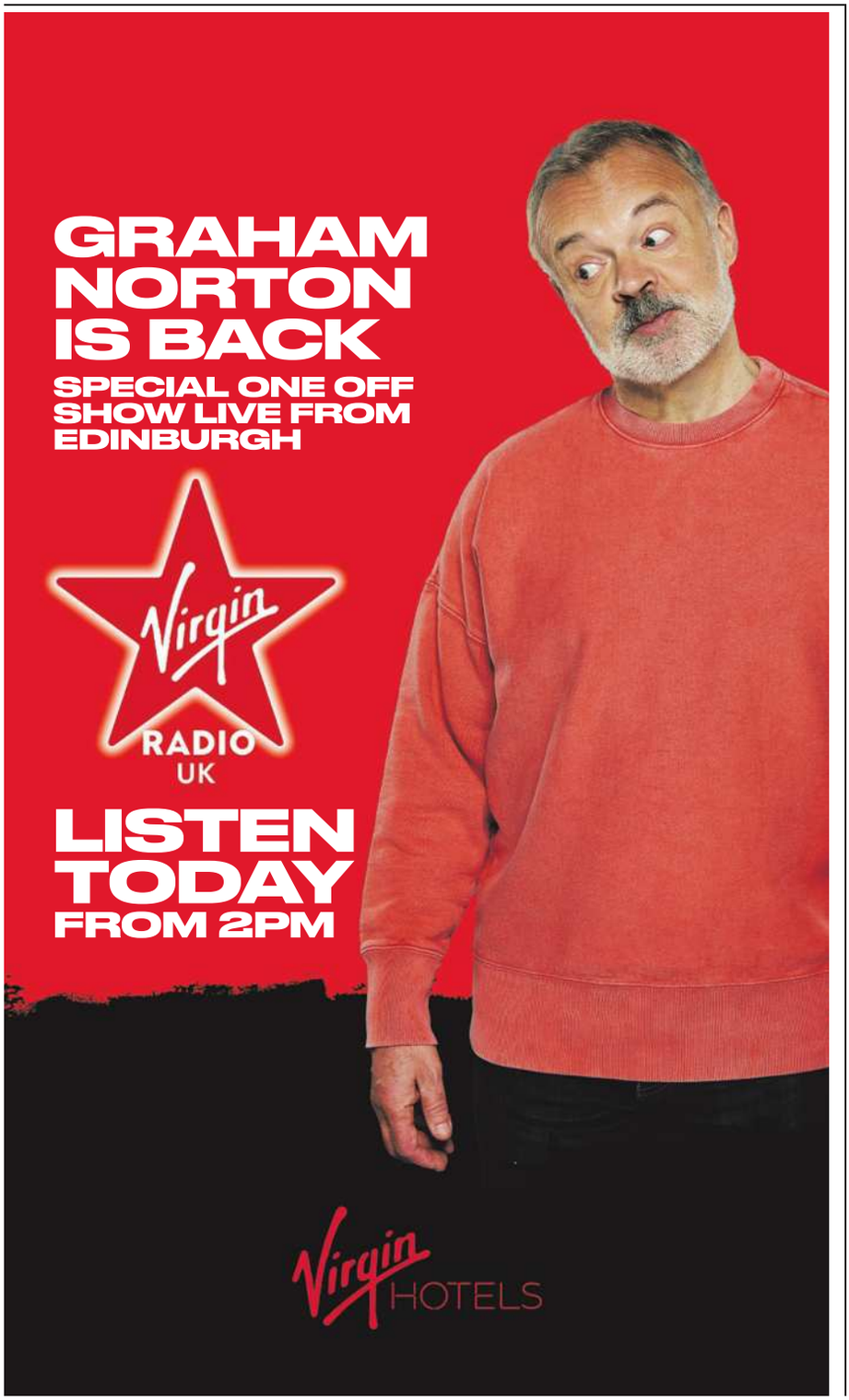
The official, who did not want to be named, said: "There is progress between Oman and Iran, and we expect a deal soon.

"Once it is announced to restore commercial shipping without impediments, the United States will lift the blockade of Iranian ports."

Deal . . . Trump

Before President Donald Trump and Israel launched the war on Iran, about one in five barrels of oil consumed worldwide went through the Strait. But Iran has fired on ships that try to cross without permission.

Meanwhile, Lebanon and Israel have agreed on a shortlist of countries to verify the disarmament of terror group Hezbollah. It is part of a US-brokered deal to end the war in Lebanon.



DISABLED

Out and about . . . Bull getting in cab to city centre

Pictures: ROLAND LEON

CLAIMANT'S WEB SEX SITE

Miss PIPlash

MUM ON £1,000-A-MONTH BENEFITS EARNS CASH-HUMILIATING CLIENTS AS DOMINATRIX

EXCLUSIVE by
GRAEME CULLIFORD

A DOMINATRIX receiving more than £1,000 a month in benefits for conditions including severe disability is selling sexual services on adult websites.

Melanie Bull – also known as Lola Steel and Scarlett Rose – can also make up to an extra £1,000 a month after boasting that she specialises in "financial domination".

She gets PIP payments after demonstrating that her medical condition severely impacts her ability to carry out everyday tasks which can include getting to the bathroom or needing help to eat with a knife and fork.

And the 47-year-old mum of one also gets more state handouts: Universal Credit, for having "limited capability" to work, and housing benefit for her rented home.

Yet Miss Bull is not allowing her condition to limit her racy online activities or stop her from going out. In one advert on website UK Adult Zone, she says: "My name is Lola Steel.

"I am a professional mistress who enjoys being a dominant powerful bitch and getting my own way.

"I cover many different fetishes and kinks. I also do phone sessions, text sessions, email sessions."

And she tells punters online to "step into my world of pleasure".

Bull gets paid to humiliate so-called male "paypig" clients who send her money and gifts for her pleasure.

A source said: "She makes up to £1,000 a month from a roster of clients who get a sexual thrill from being humiliated. She gets them to send gifts and cash payments.

"The average payment is £20 but she will get them to send one after another so it can be as much as £100 a day.

"The clients call her 'goddess,' while she refers to them as 'pay-pigs' and 'pathetic maggots'. They love her calling them those names. She refers to them as her 'findom' (financial domination) clients.

"Her pictures on the websites she uses are very racy, including showing off her large cleavage."

Through the UK Adult Zone website, she offers clients an hour-long "in-call" for £110 and for an "out-call" the same length of time it is £150.

On one occasion, according to the source, Bull became concerned when a client gifted her a home delivery of a 55-inch screen TV and she had to leave the box by the bins outside her house in Northamptonshire. The source added: "She didn't want to draw any attention to her having money to spend on goods like a large-screen telly, in case it led to officials questioning her about her income."

On another website, called Sadistic Mistress, she goes under the name Scarlett Rose.

Two weeks ago she went to her local pub's karaoke night where she sang (I've Had) The Time Of My Life, from the Dirty Dancing movie, and was also seen out in a cab going into her local city centre.

To qualify to receive PIP she had to convince the Department for Work and Pensions that her medical condition impacts her ability to carry out daily tasks and move around "consistently and safely". PIP stands for Personal Independence Payment. It is given out as a benefit to "help with daily living needs and mobility needs", according to the DWP guidelines. Her condition effectively causes her a disability, she would have claimed.

She also gets some Universal Credit money for having "limited capability" for work.

Sources say her total amount of benefit money is more than £1,000 each month.

Last week Baroness Casey, who is leading a review of welfare and social care, said even she would qualify for disability support based on an official survey by the DWP, as she called for the country to ask "difficult questions" on reforming the system. She pointed out that 16.8million people self-reported a disability in 2023-24, equivalent to one in four British people.

Baroness Casey went on: "I would qualify and I'm sitting here right now. I'm not disabled but I could qualify if I answered those questions based on my medical records."

The DWP guides that when people are receiving any benefit, they must tell DWP if things in their life change as soon as this happens to ensure they receive the correct amount of financial support and do not fall into debt.

This includes any earnings they receive. Reform UK's Chairman and MP Lee Anderson told The Sun on Sunday: "This case raises serious questions. PIP should be reserved for those who genuinely need help, yet Labour are allowing the system to be exploited.

"Reform UK would crack down on anyone abusing the system, bring back face-to-face PIP assessments and ensure taxpayers' money only goes to those who genuinely need it."

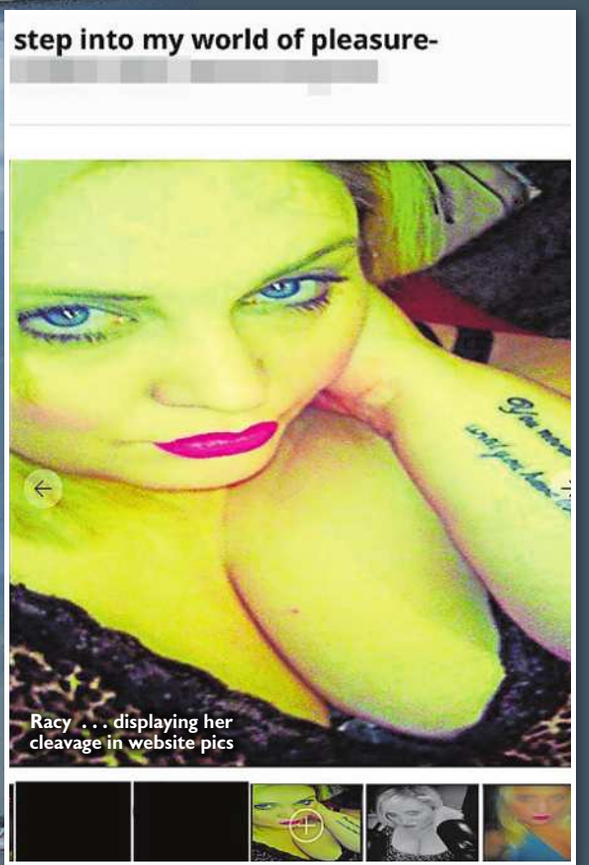
Last night a DWP spokesperson said: "Universal Credit claimants must inform DWP of their earnings. Not doing so can lead to imprisonment."

Melanie Bull denied being on adult websites.

She declined to comment when asked about being on PIP and Universal Credit.

Additional reporting: EMMA PARRY

The Sun on Sunday Says — Page 12



Racy . . . displaying her cleavage in website pics

'Goddess' . . . she rakes in cash

Time of her life . . . Bull enjoys a karaoke night

MIGRANT GOT INTO MY BED

Fled in his undies

By JULIA ATHERLEY

A MIGRANT broke into a stranger's fifth-floor flat — and got into bed with her, in his underpants.

The semi-naked intruder startled Beatriz Ferron, 62, who woke to find him beside her in under-siege Ceuta.

BORDER CRISIS 1

Her screams alerted her husband and son as they were preparing breakfast before the man leapt out of the flat on to a neighbouring rooftop and fled.

However, he was caught by police in the Spanish enclave and faces breaking and entering charges.

The suspect is one of the estimated 72,000 migrants who swam to Ceuta from Morocco last week.

Most have now returned but he was thought to have stayed and been sleeping rough.

Ms Ferron said: "It was a nightmare. This man jumped over the balcony, got into my bedroom and got into my bed. Thank God I wasn't alone."

Her son, Nacho, added: "How long will we have to put up with this?"

It came amid fears of another migrant surge planned for August 15.

Boat fire pilot's jail

BORDER CRISIS 2

A PEOPLE-smuggler has been jailed for a year for trying to get 173 migrants into Britain on a mega-dinghy that burst into flames in the Channel.

The 25-year-old Egyptian who piloted the boat was found guilty at his trial in France.

He exposed his passengers to "immediate risk of death", a judge ruled.

Eleven people suffered burns in Tuesday's blaze.

It is thought a fuel leak from the boat's outboard motor caused the fire.

Refugee DJ class

BORDER CRISIS 3

ASYLUM seekers are being given taxpayer-funded radio DJ lessons and drama classes.

Trips to attractions, therapeutic art and Pilates sessions are also provided for migrants.

Lewisham council paid up to £1,500 each for 18 projects earlier this year in South East London.

The council said: "Activities such as arts and music have a role in supporting integration, mental health and civic participation."

PEP-AIR-ONI?

By JYOTI RAMBHAI

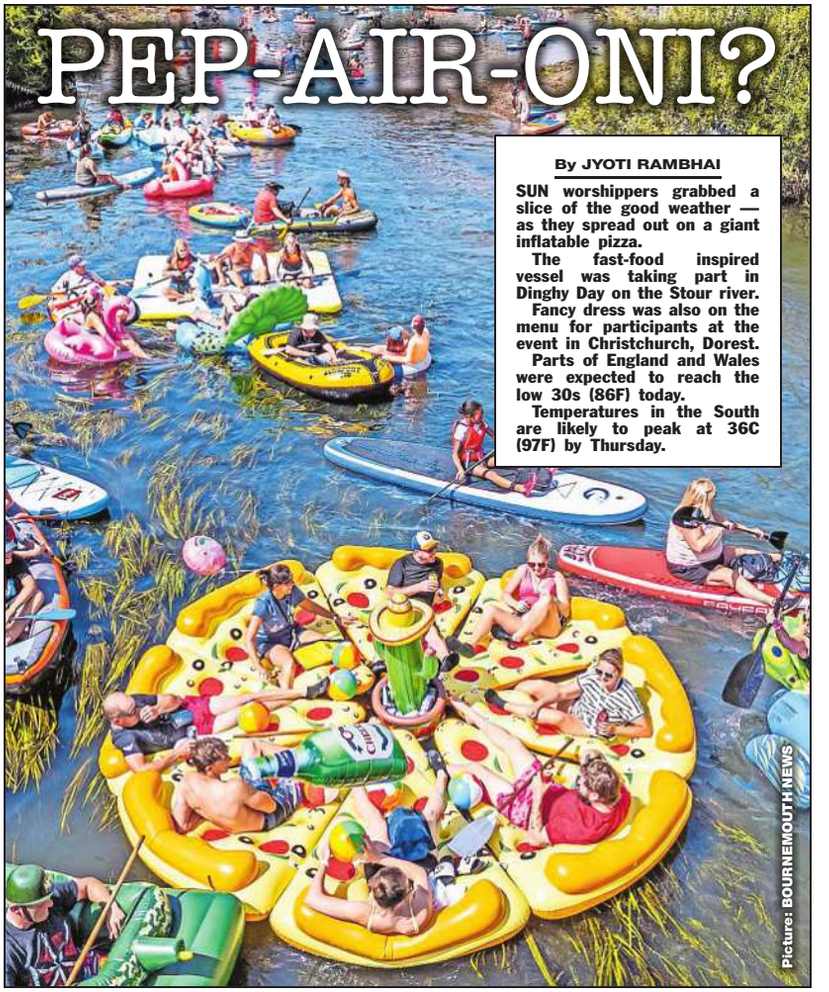
SUN worshippers grabbed a slice of the good weather — as they spread out on a giant inflatable pizza.

The fast-food inspired vessel was taking part in Dinghy Day on the Stour river.

Fancy dress was also on the menu for participants at the event in Christchurch, Dorest.

Parts of England and Wales were expected to reach the low 30s (86F) today.

Temperatures in the South are likely to peak at 36C (97F) by Thursday.

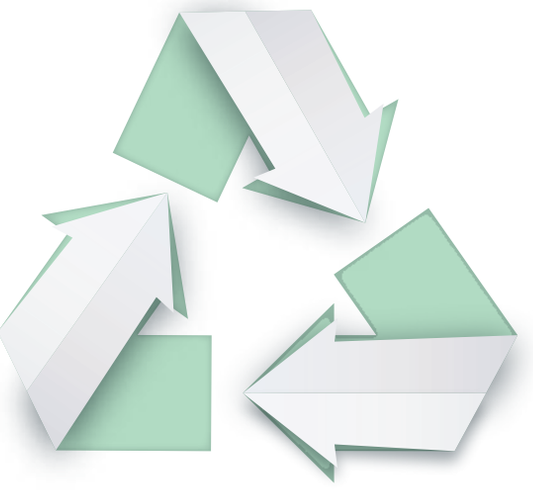


Picture: BOURNEMOUTH NEWS

PAPER REVOLUTION

79% of paper and 83% of paper packaging is recycled into new products; one of the highest recycling rates of any material in Europe!

Sources: Cepi Key Statistics, 2023 and Eurostat, 2022
Europe: EU27 + Norway, Switzerland and the UK.



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In stands . . . tycoon

Shamed Sullivan at Irons' 1st match

By OSCAR JAEGER

BILLIONAIRE ex-West Ham boss David Sullivan showed up at the London Stadium yesterday despite facing serious allegations of sexual misconduct.

Venue operators and the club's Fan Advisory Board had both asked West Ham's co-owner to stay away amid fears of unrest from supporters.

But he still took his seat in the stands for the Carabao Cup first-round match with Portsmouth.

There were fears his presence could distract from the game which West Ham won 3-1.

Sullivan, 77, resigned as the club's co-chairman in June after a joint investigation by The Times and BBC Panorama unearthed allegations from seven women that he had abused his power and pressured them for sex.

It also revealed he had been banned from contacting the women's and youth clubs owing to safeguarding concerns.

Sullivan categorically denies all allegations.

SPORTING

AT the 2018 London Marathon, Stanislaw Skupian put on a bib he found on the pavement and ran the final three miles.

SCANDALS

Fake fish burn row

ANIMAL activists want a festival's organisers to replace a paper fish with a giant cabbage.

The annual mackerel festival includes a light-hearted funeral involving a large, painted papier-mâché fish to mark the end of the fishing season.

It is carried to the yacht club before it is blessed and burnt at sunset on the beach in Aberaeron, Ceredigion.

But campaign group Peta said: "Celebrating life-giving plant produce rather than fish slaughter would be more in line with compassion."

But councillor Elizabeth Evans said: "Fishing is part of our heritage in Aberaeron, the growing of cabbages is not."

SPORTING

NORWAY'S biathlete Sturla Holm Lægreid admitted he was a love cheat on TV after getting bronze at this year's Winter Olympics.

SCANDALS

Picture: GETTY IMAGES

HARRY TUX HIMSELF IN

By LEN READ

THE Duke and Duchess of Sussex put on their glad rags for a fund-raising gala.

Prince Harry, 41, wore a tuxedo while wife Meghan was in a gown at an event for the David Foster Foundation in British Columbia, Canada.

Earlier Meghan, 45, answered kids' questions for a magazine. Asked what her superpower is, she said: "Being a mum . . . because we juggle it all and enjoy it all with grace and grit at the same time."

MOGUL FIGHT

Cowell £75m deal `on napkin'

STAR SUED OVER SCRIBBLED TERMS

By PAUL SIMS and JULIA ATHERLEY

BRITAIN'S Got Talent boss Simon Cowell is being sued over a £75million deal said to have been written on a napkin.

The TV and music mogul is accused by former business adviser Ian Rosenblatt of being unpredictable and "very difficult to speak to" as he refuses to own a mobile phone.

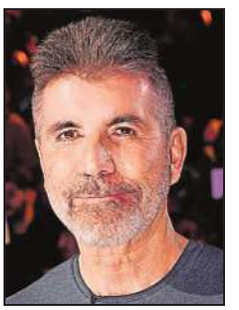
Mr Rosenblatt worked for Mr Cowell from 2018. But he is pursuing him for millions after claiming a deal, originally hashed out over dinner on a serviette, was not honoured.

The pair are said to have met for dinner in London in October 2022 to discuss a way forward following a series of rows.

Documents submitted to the High Court claim that Mr Cowell offered an attractive fee arrangement for a deal he was working on at the time.

The documents say: "The terms of that offer were written on a napkin which Mr Cowell then signed."

It offered up to 15 per cent of any deal of more than £75million. The deal was later formalised at a meeting at Mr Cowell's Cotswolds home in February 2023.



'Unpredictable' . . . Cowell

Mr Rosenblatt claims to have not been paid at all for the agreement.

Lawyers for BGT and X Factor boss Mr Cowell are yet to respond to the claims. The Sun on Sunday has contacted him for comment.

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'GODZILLA' JABS NURSE GETS BAN

A NURSE who sold "Godzilla" fat jabs to an undercover Sun on Sunday reporter has been banned from the profession.

By THOMAS GODFREY

Deborah Davison was found to have flogged unlicensed retatrutide for £120 to multiple women, including one weighing just ten stone.

An interim hearing held by the Nursing and Midwifery Council was told the vial we bought was supposed to contain Mounjaro.

But tests found it was the stronger drug – not passed for sale in the UK.

Barrister Sila Akin told the hearing that the nurse, from Warrington, Cheshire, had "deliberately engaged in misconduct" by selling the jabs on the black market while running a beauty business. She added: "Acting beyond one's scope of competence always presents a risk to the public. Ms Davison does not have the required training and therefore the required competence to prescribe this medication."

Investigation . . . Davison

The hearing imposed an 18-month ban ahead of a full investigation, after which Davison could be struck off for good.

thomas.godfrey@the-sun.co.uk

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REVEALED: FINAL

Strictly off his

STRICTLY Come Dancing's full line-up has been finalised, The Sun on Sunday can reveal, with a football fan YouTuber completing the 15 famous faces.

EXCLUSIVE by EMILY WEBBER
Deputy Showbiz Editor

Content creator John Nellis, 33, who has 15.7million subscribers to his channel, has filmed videos with stars including Manchester City's Erling Haaland and Real Madrid ace Kylian Mbappe.

A source said: "John has a huge following online which will boost Strictly's presence on social media.

"He has become loved among all the big names in football and is bound to be a hit with viewers.

"Bosses realise that YouTube stars can bring in a whole new audience and John will do just that." John, from Belfast, launched his YouTube channel in 2019 and now has 10.6billion views on the page.

His content also includes a video with former England footballer David Beckham and he is followed by Haaland on Instagram.

He previously worked as an air traffic controller at Cork Airport in Ireland for eight years until pursuing content creation full-time in 2022.

Gavin & Stacey star Melanie Walters, 64, and Olympic gold medallist Tabby Stoecker, 25, will also join the line-up when the series launches next month.

Melanie is best known as Stacey's omelette-loving mum Gwen West in the hit BBC sitcom. Meanwhile,

15 LINE-UP...INCLUDING SPORT YOUTUBER

latest will show fancy footiework

Tabby, who won gold in the mixed team skeleton at this year's Winter Games, has also been recruited for BBC's Gladiators as one of the superfit stars.

The Sun on Sunday previously revealed that EastEnders actress Lacey Turner, 38, would take to the dancefloor this year.

Lacey, who has played Stacey Slater on the BBC soap for 22 years, is on an extended break from Albert Square.

Scissors for sequins

Fellow soap star Lawrence Robb, 34, who plays Mackenzie Boyd in ITV's Emmerdale, is also part of the new line-up, as is former England footballer Shaun Wright-Phillips, 44.

Joining them will be Paralympian Dame Sarah Storey, 48, actress Jaime Winstone, 41, and Australian singer Delta Goodrem, also 41, who competed for her country in Eurovision earlier this year.

Celebrity hairdresser Chris Appleton, 43 – famed for working with Kim Kardashian – will be swapping his scissors for sequins as another contestant on the show.

Presenter Will Best, 41, who found fame hosting ITV's revival of Big Brother, has also been announced.

Former Love Island winner Cach Mercer, 25, House Of The Dragon star Bethany Antonia, 28, and Channel 5 dog trainer Graeme "The Dogfather" Hall, 60, have signed up, too.

Reality star Dani Dyer, 30, is returning to the show after she was forced to pull out last year after fracturing her ankle during rehearsals. In total, nine of the 15 contestants have previous dance or performing arts experience.

Love Island star Cach is a professional dancer with a specialism in hip-hop and Afrobeat styles.

EastEnders star Lacey trained for a year at the prestigious Sylvia Young Theatre School when she was a child.

And Emmerdale actor Lawrence was a former pupil at The Dance School Of Scotland and has appeared on the West End stage.

Reality star Dani, who is married to West Ham footballer Jarrod Bowen, wrote in her 2019 autobiography about being a "qualified dancer" and told how she attended O'Farrell's Stage School in East London on weekends from the age of two to 14.

Actress Jaime studied for a BTec National Diploma in Performing Arts at Harlow College, Essex.

The course specialises in acting, dancing, musical theatre and production skills.

House Of The Dragon star Bethany attended BOA Creative, Digital and Performing Arts Academy in Birmingham, where she studied musical theatre until 2016. Aussie singer Delta took singing, dancing and acting lessons as a child. She can also be seen in a 2016 YouTube clip showing off her dance moves in a studio with Aussie TV presenter Renee Bargh.

'Near-impossible'

Gavin & Stacey actress Melanie starred as the Fairy Godmother in pantomime Cinderella – which featured many dance sequences – at the Bournemouth Pavilion over the festive period last year.

And dog trainer Graeme appeared in a dance competition named Strictly Northampton in 2012.

A Strictly insider, however, commented: "There is no rule that celebrities cannot have dance experience before taking part.

"And it would be near-impossible to find a cast of celebrities who have no previous dance experience as many people in the entertainment industry go to stage school."

The new series will be the first since hosts Claudia Winkleman and Tess Daly stepped down last year.

In their place will be presenter Emma Willis, comedian Josh Widdicombe and ex-Strictly pro dancer Johannes Radebe.

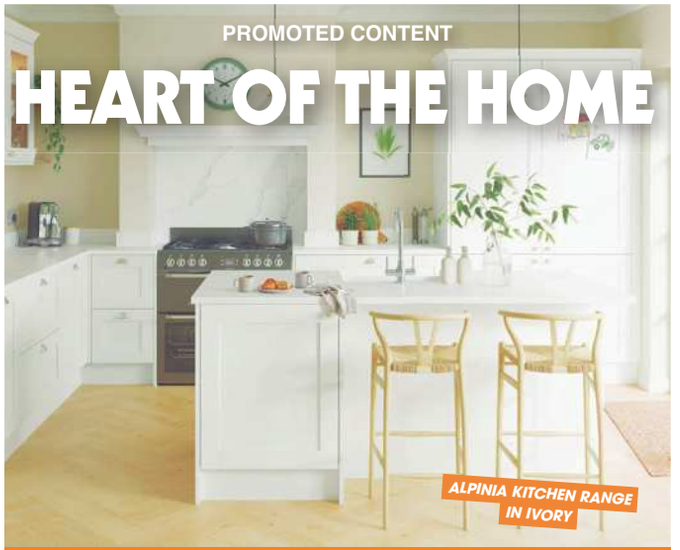
The weekly It Takes Two spin-off show will be presented by comedian Ellie Taylor, who was partnered with Johannes in 2022.

It comes after The Sun on Sunday revealed in June that Fleur East had been axed from presenting the weekday show and co-host Janette Manrara was leaving the role.

When approached about final signing John Nellis, a BBC spokeswoman said: "We do not comment on speculation."

PROMOTED CONTENT

HEART OF THE HOME



ALPINIA KITCHEN RANGE IN IVORY

Love Island star and interiors ace Olivia Bowen tackles your kitchen upgrade queries – from the perfect palette to top taps and cabinets

How do I choose the right colour for my new kitchen?

It depends on the style and the atmosphere you want to create.

When my husband Alex and I were renovating our kitchen, the aim was to design a classic farmhouse-inspired space with a heritage feel, so we chose a clean, warm, neutral colour palette.

But as long as it matches your style and design intention, almost any colour can work well in a kitchen.

B&Q has lots of beautiful ranges in porcelain, pebble or sandstone that are great if neutrals are your thing.

Shades such as ocean blue or reed green are brilliant for creating a subtle pop of colour.

Or make a statement and go for doors in bolder shades such as carbon or blackberry.

I want to introduce a bit of texture to my kitchen – any tips?

Natural materials were a major part of achieving the heritage look in our kitchen.

We've used plenty of wood in natural tones to create a cosy feel and add texture, while keeping the overall look clean and timeless.

So I would recommend layering textures and colours, which give you interesting contrast in both look and feel.

We have an oak island and then a marble effect worktop in the rest of the space – the textures contrast but complement each other at the same time.

B&Q has kitchen ranges that mix colour and texture beautifully, like Rivero, which is available in natural oak or walnut effects – perfect for adding texture and variation to an island or cupboard doors.

You can also explore B&Q's huge range of laminate worktops, which are incredibly durable and practical, yet don't compromise the style.

The worktops replicate the look and feel of marble, terrazzo, stone, concrete and natural wood at an affordable price, so adding texture into the kitchen is easier than ever.

Ultimately, the best colour palette depends on the mood and style you are trying to create – whether you prefer to go for a classic look, a bold and contemporary design, or a modern style with seamless J pull handles.

FROM TOP: TYDEMAN RANGE IN PEBBLE; GARCINIA IN REED GREEN WITH RIVERO OAK EFFECT; RANGEMASTER HARMONY FLUTED BELFAST SINK

Is there anything else I can do to create a truly personal kitchen space?

Although we often forget that necessities such as fixtures, fittings and drawer and cupboard handles can be very stylish, they are also actually a great way to show your personal taste and visually tie a room together.

For our classic look, Alex and I have a Belfast sink, and it's one of my favourite features in the kitchen – I really love the clean, crisp, white finish.

We've paired the sink with brass effect taps and handles, which add warmth and also help to reinforce the traditional aesthetic.

B&Q has some great Belfast sink options as well as contemporary shapes and styles.

But you can just as easily switch it up to something a bit more modern with chrome or matt black taps and handles.

Colour is vital, but for me a handy bit of tech is important too – that's why one feature I can't live without is our boiling water tap.

This gadget is very convenient and I use it every single day. B&Q stocks some brilliant ones, so I'd really recommend making the investment.

And if you have a smaller kitchen you'll also be very grateful to reclaim some countertop space after getting rid of the kettle.

Discover more in store, via the app or at diy.com

B&Q

'Disgraceful' . . . Chatta

Voyeurs conned sex man

By JYOTI RAMBHAI

A VOYEUR invited a friend over for sex and secretly filmed the encounter so that her partner could watch it via a livestream.

Chanel Chatta, 32, and Jake Smith, 34, were branded "disgraceful" in court for duping the unsuspecting young man.

Mum-of-two Chatta used a covert camera in her Southampton living room, and broadcast the romp to Havant-based Smith in August 2024.

She later claimed the man gave her an STI. He said "the psychological trauma is immeasurable" and it left him suicidal.

At Southampton crown court Chatta and Smith admitted voyeurism and got 18-month community orders. Judge Nigel Peters said: "The two defendants have behaved absolutely disgracefully."

SPORTING SCANDALS

PIOTR Czarnecki photocopied his wife's London Marathon bib in order to get a place "to give her moral support" in 2021.

Show promo . . . Knox

Knox ex raps her jokes gig

By OSCAR JAEGER

AMANDA Knox's former boyfriend has blasted her decision to perform a one-woman comedy show at this year's Edinburgh Fringe Festival.

Raffaele Sollecito was wrongly accused of the 2007 murder of Brit Meredith Kercher, 21, in Perugia, Italy, along with his then-girlfriend Knox.

He is the latest critic of the 40-year-old American's sold-out show, Cartwheel, which began on Friday.

In it, she jokes about the messy set looking like "a crime scene".

Computer engineer Mr Sollecito, 42, said: "I find it puzzling that a tragedy is being used as a draw for a comedy show."

A petition to stop the show, set to run for 11 nights, was set up by Meredith's friend Sally Alington. Meredith's family called the gigs "hurtful".

PARENTS PAY OUT MORE THAN EVER FOR CHORES

CLEANING UP . . . Aston and Grayson show how odd jobs like washing the car earn kids extra cash

Does pocket money work for you?

KIDS are cashing in with inflation-busting rates for doing household chores – sending their weekly earnings soaring.

Cleaning the car and mowing the lawn are now highly lucrative.

Parents face forking out £3.52 on average for a spot of grass-cutting, while having the family motor washed will set them back £3.36.

As UK inflation sits at 2.6 per cent, children's "income" has rocketed 6.7 per cent just from pocket money and picking up odd jobs.

That means the average amount they get each week has risen from £9.13 to £9.74 – or £506.48 annually, according to research by kids' banking app NatWest Rooster Money's Pocket Money Index.

JLS singer and Strictly star Aston Merrygold encourages sons Grayson, eight, and Macaulay, six, to learn about the value of money by having Rooster accounts.

'Cash for nothing'

He told The Sun on Sunday: "Growing up, I had to earn my pocket money, whether washing the car or helping in the garden.

"I want to give my kids that same grounding – understanding the value of money and what it means to work for it. It's about setting them up with the right habits for later in life."

Average pocket money alone has only risen 2.3 per cent, from £3.85 a week to £3.94.

With top-ups, the average six-year-old gets £4.58 and, by 17, youngsters are handed £23.56.

Some 30 per cent of kids complete chores as a condition of getting their pocket money.

Window cleaning can earn them £1.65; washing up or filling the dishwasher is worth 54p; and cleaning their bedroom costs parents 81p.

Making the bed only generates 28p. But walking the dog is the big cash winner, earning kids £1.15, while clearing up the pooch's mess adds 72p.

Money expert Martyn James said: "The point of pocket money is to teach children about the value of cash. But paying kids to do chores they should be doing for free – like tidying their room – only teaches them entitlement.

"And indulgent parents pay a heavy price, ultimately, when their work-shy kids don't leave home."

Natwest Rooster Money's Pocket Money Index studied transactions from half a million kids aged six to 17 to find out how they get – and spend – their pocket money.

They said studies suggest children who do regular chores are more confident, have improved social skills and do better at school. But many get cash for nothing, with the Tooth Fairy now leaving £4.79 per gnasher.

Kids splurge the most cash at McDonald's, followed by outlets including Playstation, Amazon, Shein, Apple and Xbox.

EXCLUSIVE by SARAH ARNOLD

BEST-PAID CHORES

Mowing: £3.52 (down 16p on 2025)
Clean the car: £3.36 (up 3p)
Cleaning windows: £1.65 (up 11p)
Gardening: £1.38 (down 28p)
Dusting: £1.22 (up 11p)
Dog Walking: £1.15 (up 11p)
Cleaning bathroom: £1.12 (up 7p)
Mopping: £1.08 (down 2p)
Vacuuming: £1.03 (same as 2025)
Polishing: 94p (up 8p)

ADDITIONAL INCOME

Tooth fairy: £4.79 (up 58p on 2025)
Birthdays: £46.41 (up 97p)

Phone call . . . Putin

Riddle of Vlad chat to 'dead colonel'

By WILL STEWART

VLADIMIR Putin claims to have had a phone briefing from a colonel reported killed in May last year.

The Kremlin published the chat with Abdulaziz Shikhabidov, *below*, despite pro-Putin outlets covering his death and children drawing portraits in his honour.

There were no official denials the chief of the elite 76th Guards Airborne Assault Division had been killed aged 39. And he has not been seen for 14 months.

But according to a transcript he told the tyrant the morale of his troops was "high and confident" and they were "keeping up with the times".

Putin was said to have replied: "It was very important for me to hear this from you."

The colonel's death was reported in Ukraine, although Kyiv did not claim to have killed him.

SALUTE TO KYIV HERO

Picture: ROMAN PILIPEY/AFP/GETTY

By LEN READ

MOURNERS pack the funeral of a Ukraine war hero killed retrieving the bodies of soldiers and civilians.

Oleksiy Yukov, 40 – known as "The Collector of Souls" – founded the Platsdarm volunteer search unit which scours the battlefields and ruins of eastern Donetsk.

He even recovered Russian foes, saying all the dead require a proper burial. Oleksiy, *right*, was killed on Wednesday by a landmine.

The Orthodox Christian funeral was held at the Cathedral of Saint Volodymyr in central Kyiv yesterday.

Sobbing widow Evhenyia told the congregation his work would continue. Meanwhile a child was among four people killed in Russian attacks on the capital and the surrounding region as Ukraine forces run short of ground-to-air missiles.

But Ukraine hit another Russian oil refinery in southern Krasnodar.

Man on 4 crash kill raps

By RYAN PARRY

A MAN of 27 has been charged after four died when a car crashed into a lamp-post.

James Diggle appeared in court yesterday accused of four counts of aiding and abetting death by dangerous driving.

The Seat Cupra Formentor crashed in Huyton, Merseyside, in the early hours of July 24.

Jack Diggle, 23, Benjamin Dooley, 23, Andrew Roberts, 24, and Craig Shackleton-Brady, 26, were all pronounced dead at the scene.

James Diggle, of Liverpool, did not enter a plea at the city's magistrates' court and was remanded in custody to appear at its crown court on September 7.

Police said: "We'd ask that the public refrain from commenting on, or speculating about, the circumstances of this case online."

LATE RESULT

A bottle of whisky and a note saying Derby 1 Portsmouth 0 dating from 1957 were found under a staircase in Derby.

BABY-MURDERER'S 'LOVE'

LETBY 'BOYFRIEND DOC' FOUND DEAD

Notes at home . . . Letby

A DOCTOR who grew close to baby-killer Lucy Letby and gave evidence against her at her trial has died.

The married registrar worked with Letby, 36, in 2016, two years before she was first arrested.

Letby called him her "best friend" and "love" in notes found at her home.

The pair swapped more than 1,300 Facebook messages over three months in 2016. Sources said the doctor, in his 50s, later moved to work at a different hospital.

EXCLUSIVE
by MICHAEL HAMILTON

He had been ill before his death last month. His funeral has been held.

He applied for anonymity for Letby's ten-month trial to protect his family, and was granted the order. He was called Doctor A in court.

Prosecutors referred to him as Letby's "boyfriend", and said she was infatuated with him – alleging she created "crisis situations" by attacking babies knowing he would be bleeped and run to attend.

It was revealed they went on day trips to London, met for walks and meals. Letby denied being in love and said they were trusted friends.

But she called him "sweetie" in messages and cried when he entered the dock at Manchester crown court.

In messages between them, the doctor told Letby she was "one of the few nurses I would trust with my own children", the court heard.

At 2024's Thirlwall Inquiry the doctor said he had been "misled" and "maybe manipulated" by Letby. He said he had been tricked by her into giving her information about babies she had attacked.

Letby was found guilty of murdering seven babies and attempting to kill seven more at the Countess of Chester Hospital. She is serving a whole-life order at Bronzefield Prison, Surrey, but maintains her innocence.

The Criminal Cases Review Commission is considering evidence presented by a panel of doctors claiming that natural causes and poor care were to blame.

This week who I would...

SNOG

TINIE TEMPAH and his fourth album, The Night's Not Dead, which will drop in October.

MARRY

CELEB hair stylist Claire Martin (The Curl Therapist) in London's A-list boutique Salon64.

AVOID

ALL those awful trolls making comments on ARIANA GRANDE's appearance.

BIZ HANNAH HOPE'S

ALEX PIPER

LET IT FLO

FLO have taken inspiration from female pop stars for their new album.

The R&B group – JORJA DOUGLAS, STELLA QUARESMA and RENEE DOWNER – released their second album Therapy At The Club on Friday.

Biz on Sunday caught up with the pop trio, who are set to play Lalala Festival in the Philippines later this month, about going back in the archives for their new 16-track record.

Stella said: "I definitely started listening to RIHANNA a lot more because when we first started making the album we wanted big songs."

The girls revealed how grateful they are for ARIANA GRANDE's support.

Jorja said: "We admire her so much. It means a lot to us that she is interested in what we are doing because we love what she loves."

Renée added: "We've had really nice DM interactions and we know when we do meet her it is going to be perfect."

The girls will be on tour in Asia during Ariana's London dates this month, but revealed what keeps them going in their dressing room.

Their rider includes Liquid I.V electrolytes, Don Julio tequila and Grey Goose vodka.

Sounds like my kind of party.

HOLLY GETS IT TOGETHER

HOLLY WILLOUGHBY is following in the footsteps of **MARGOT ROBBIE** and **REESE WITHERSPOON** and has set up her own production company.

The TV presenter, who launched her own online show Together last month, has now created House Of Blonde and detailed the business as providing video production services.

It comes after she left her management company YMU six years ago to manage herself in an all-female team under Roxy Media, which she set up 18 years ago to channel her TV earnings.

She also has a lifestyle brand called Wylde Moon.

She made Together, on YouTube, using her husband **DAN BALDWIN**'s Hungry Bear Media production company.

A source said: "Holly is excited about this venture, as it will give her more creative control not only over her projects, but could also allow her to commission others. It's really exciting. She has always had such incredible business sense, and is proud to be a working mum and career woman.

"She is set to be a powerhouse in telly, streaming and podcasts."

Holly quit ITV's This Morning after 14 years in 2023 when undercover US cops found that security guard Gavin Plumb was plotting to kidnap and rape her. He was later jailed for 16 years over the sick plot.

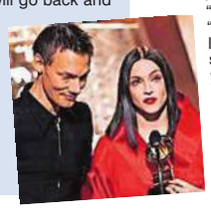
Speaking to The Times this week, Holly said: "I don't mind getting a bit older.

"For years, I was treated so young. I was constantly undermined and underestimated."

She also hinted at a return to mainstream TV, adding: "I hope one day, when the time's right and the project's right, that I will go back and do some telly stuff – I'm a telly girl, and I love it."

It sounds like Holly is back in the driving seat of her career.

COMEBACK . . . presenter planning a TV return



LOVED UP . . . couple

LIV'S DOG FOLLOWS HER LEAD

OLIVIA ATTWOOD and **PETE WICKS** have finally hard-launched their romance.

Former Towie star Pete recently whisked ITV's golden girl Olivia off for a luxury break to St Tropez in the South of France.

The couple had to put their beloved rescue Rottweilers in a plush doggy daycare in Wales.

I can also reveal Pete's pooch Rodney and Olivia's pup Stitch are inseparable – much like their owners.

A source said: "Olivia and Pete love the fact that their Rottweilers are in love. It is reminiscent of Disney's 101 Dalmatians where the dogs and owners fall in love.

"Liv and Pete are in their honeymoon phase and clearly their dogs have been inspired."

Of her new relationship, Liv told Cosmopolitan: "We tick a lot of the boxes that are really important."

She joked: "Our friendship group is nauseated by us – we're one PDA away from being exiled. I'm like, 'who are we?' We're bringing out a [new] side of each other."

Sounds like their dogs have taken note.

MADGE TRIBUTE TO ORBIT

MADONNA has paid tribute to "genius" record producer **WILLIAM ORBIT** after his death at the age of 69.

The London-born musician died on July 23, his family wrote in a statement, saying he will be "greatly missed by us and by so many whose lives he touched".

Madonna hailed Orbit, *together below*, who produced her 1998 album Ray Of Light, as "otherworldly" and "singular" in a lengthy tribute on social media yesterday.

Orbit also worked with girl band **ALL SAINTS** on hits including 2000's Pure Shores and **BLUR** on their 1999 album 13.

TFC5

DUA'S CREAM OF THE CROP

WHO HAVE YOU SPOTTED?

JUDE BELLINGHAM keeping a low profile in a grey hoodie walking down Bromsgrove High Street in Worcestershire on Monday

MADONNA watching RUSSELL TOVEY in play The Guilty at London's Donmar Warehouse on Wednesday

ON SUNDAY

with EMILY WEBBER

Got a story? Call or WhatsApp 07929 209431

CHRIS HUGHES is lined up to host the Big Brother podcast when the show returns this year.

The former Love Island star, *inset*, found love with dancer **JOJO SIWA** in the Celebrity Big Brother house last year.

It comes after The Sun revealed that the civilian show, which launches on September 13, is lining up former celebrity housemates to enter the house as guest residents.

A source said: "Chris is super popular online and bosses know he would be a ratings winner. He and JoJo have a legion of fans and have become part of the special group of people who have found love in the house.

"ITV has seen the success of the Love Island podcast this year and want to replicate that with Big Brother.

"JoJo is currently tied up with other commitments but would be welcome on to the show should the dates work for her."

STAND BY ME...FOR A PHOTO OP

OASIS'S PM INVITE...LIKE NOEL AT No10

IT will be the moment of the year when NOEL and LIAM GALLAGHER step out on the red carpet for their OASIS documentary next month.

Now I can reveal **ANDY BURNHAM** has been invited to the Don't Look Back In Anger premiere on September 7.

It would mean the Prime Minister – who has called Oasis one of his favourite bands – would be part of the star-studded event for the Disney+ film in London's Leicester Square.

A source said: "Burnham is a big fan of Oasis and attending the premiere would be the icing on the cake of his year.

"He loved it when Noel and Liam reunited and took over Manchester for the record-breaking Live '25 gigs last year.

"Burnham has also been speaking about his Britpop music taste on TikTok and this would be the perfect opportunity for social media content."

Burnham was the Mayor of Greater Manchester when the Wonderwall hitmakers played five nights at Heaton Park in their home city last year for their Live '25 Tour.

Speaking about the concerts, he said: "This is the day that Manchester has been waiting for. I've had a bit of contact with Noel in recent times; they're both brilliant, actually.

"Noel helped us out when we were raising funds for homelessness as part of [former Manchester City captain] **VINCENT KOMPANY**'s testimonial year.

"And Liam helped us out last year – he did the announcements on our trams to support a new music conference we have got in the city, Beyond The Music. I am just so pleased to see them back together. I never got to see them back in the day.

"I have seen them both individually but never seen them together."

Burnham also posed with Noel at The Brit Awards, held in Manchester for the first time this year at the Co-op Live arena.

He also attended the Silver Clef Awards at London's Royal Albert Hall last month to present a gong to Manchester band **JAMES**.

In a recent TikTok video, the PM put Oasis at number one when asked to "blind-list" his favourite bands, which included **THE SMITHS** and **WOLF ALICE**.

Earlier this year, Oasis granted Burnham permission to use their 1995 hit Some Might Say in a campaign video on his way to victory in the Makerfield by-election.

Burnham's appearance at the premiere would be reminiscent of the "Cool Britannia" era under **TONY BLAIR** in the late Nineties when Noel attended a drinks reception at 10 Downing Street in 1997 hosted by the then-Prime Minister.

Now 29 years on, Some Might Say Britain is cooler than ever.

COMEBACK . . . Liam and Noel perform in California as part of their Live '25 tour last year. *Left*, PM Burnham and, *right*, Noel at No10 drinks reception with Tony Blair in 1997

FLAWLESS . . . singer shows off her skincare product

DUA LIPA looks like the cat who got the cream as she poses with her new moisturiser.

The Training Season hitmaker flaunted her curves in a navy bodysuit as she posed with her £60 skin renewal cream.

She has named the brand DUA and partnered with skincare powerhouse Augustinus Bader Science.

Of the range, she said: "I hope these become your daily essentials too – at home, on the go, and everywhere in between."

The collection also includes a £32 cleanser and £65 "supercharged glow complex".

If Dua's skin is anything to go by, I'm sold.

TOMMY FURY has boxed himself out of a rather sticky situation.

The ex-Love Islander and fighter, *above*, who is reported to be worth £6million, was pictured driving his matte black £130,000 Mercedes G-Wagon last week without valid tax.

Official DVLA records showed it had not been taxed since April 1 – meaning the powerful gas-guzzler was without valid insurance for four months.

But in a stroke of luck, when I approached Tommy's representative for comment on Friday night, the DVLA website showed that the tax had now been paid and up until August 2027.

Drivers caught in an untaxed vehicle are liable to an £80 fine. Non-payers can also face a penalty of up to £1,000.

Tommy, who has two children with fiancee MOLLY-MAE HAGUE, can breathe a sigh of relief.

GO BRAZIL NUTS AT THE COPACABANA

BRAZIL-IANT . . Copacabana show is a must-see at London's Cabaret Club

NOT only have we got Brazilian weather this sunny summer, you can get a taste of the country's carnival culture with The London Cabaret Club's new Copacabana show.

Featuring spectacular choreography, breathtaking aerial acts, powerhouse vocals and bright costumes, the dazzling Copacabana brings the vibrant energy of Rio to the heart of London.

The immersive dinner-and-show experience creates a lively party atmosphere, and there's something wonderfully economical about watching a show with dinner included.

CAUGHT LIVE Copacabana, The London Cabaret Club ★★★★

We feasted on salmon tiradito, barbecue chicken and a delicious pina colada-inspired dessert of spiced pineapple and coconut mousse.

If you don't want the escapism to end once the cast have taken their final bow, stay for the after-party to let your hair down.

ROCHELLE HUMES speaking at Vodafone's Opportunity Hub in Covent Garden, central London, on Thursday

LOUISE THOMPSON enjoying dinner with brother SAM at Ruth's in Putney, South West London, on Wednesday

HAILEY BIEBER working out in LA in her Omorpho weighted vest, after CYNTHIA ERIVO was also seen sporting one

THE Sun SAVERS

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DEAL OF DAY

UPGRADE your pans with the Scoville Neverstick five-piece cookware set down from £68 to £34 at direct.asda.com.

SAVE: £34

CHEAP TREAT

SMARTEN your sofa with a pair of pink and green frill cushion covers from Online Home Shop, down from £7.50 to £1.50.

SAVE: £6

HELP KIDS LEARN ABOUT VALUE FOR MONEY

Life lessons

SCHOOL'S out, but summer is still the best time to teach kids some valuable skills.

By MEL HUNTER

Time at home, plus the high cost of keeping everyone happy, adds up to a great opportunity for passing on budgeting tips.

Try some of these everyday activities to make the money maths fun.

SUPERMARKET SLEUTH: Take your time walking round the aisles with your children, getting them to find the cheapest version of the things on your shopping list.

Challenge them to compare the prices of similar products to see who can find the best value. Show them how to compare the price per 100g for different products like cereal or meat, so they look beyond the unit price.

If they still want the more expensive or branded item, ask them why. That will get them thinking about whether paying more is really worth it.

MEAL MATHS: Give teens £5 and ask them to make a healthy meal for the family – and tell them they can keep the change.

They'll want to find the best deals possible to be able to pocket the leftover cash. Then just hope they've picked up some of your cooking skills, too.

DAYS OUT ADDITION: Get youngsters to plan a day out, including travel, food and tickets to wherever they want to go.

Challenge them to find cheaper ways to pay for each element, whether by switching what they want to do or finding money-off vouchers. For an extra challenge, set them a budget to stick to.

MONEY MULTIPLICATION: Will Rainey writes books that teach kids about money and he suggests giving older children £5 and challenging them to make it grow.

For example, they could buy something and sell it for more, buy materials to make something to sell, save it in the bank to earn interest or, if appropriate for their age, invest it with guidance.

Will, whose new book is called Frankie Fortune, says: "Instead of asking, 'What can I buy?', they begin asking, 'How can I make this grow?'"

●All prices on page correct at time of going to press. Deals and offers subject to availability.

What's new?

PRE-ORDER Julia Donaldson's new book Gruffalo Granny at tgjonesonline.co.uk and you get it for half price – £7.49. There's also a chance to enter a free draw to win GG-themed goodies.

Little helper

GET three beauty products for the price of two with a Tesco Clubcard, including Max Factor Lipfinity lipstick, £13.

TOP SWAP

£40

CAR-MAD kids will love the Habitat transport rug, *above*, £40 from Argos, but you can pick up the smaller Livarno rug with town map design, *below*, for £9.99 from Lidl.

SAVE: £30.01

£9.99

SHOP & SAVE

THESE jersey wide-legged trousers from M&S are down from £22.50 to £11.25.

SAVE: £11.25

HOT RIGHT NOW

KIDS under 12 can now visit Drayton Manor theme park for £14, saving £11.80. The price was previously just for children under four.

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New picture . . . Goodman

Star John a smaller Lebowski

By FELIX MARSHALL

BIG Lebowski star John Goodman has left fans stunned after a photo showed the effects of him having lost 14 stone.

The Roseanne favourite, 73, was pictured at the shops after being spotted by a fellow actor.

Wizards of Waverly Place star David DeLuise took to Instagram with the snap on Thursday, writing: "He was my childhood! Legend."

Fans in the comments section were blown away by Goodman's remarkable weight-loss journey.

Heyday . . . in Roseanne

One user wrote: "Is that John Goodman? He's unrecognisable."

Another said: "He's so much skinnier than I remember him!"

Goodman, who played Roseanne Barr's sitcom husband Dan in the 90s, once weighed close to 28 stone. But the actor, who also starred in Argo and Monsters Inc, quit alcohol in 2007 and has candidly spoken about his weight loss.

He said he had made changes to his diet and exercise but also admitted he had periodically re-gained weight. In 2023, he confirmed he had lost around 200lb in total.

SPORTING

ENGLAND captain Mike Atherton was seen rubbing dirt from his pocket on the ball at a Lord's Test in 1994 and was fined £2,000.

SCANDALS

Return of choc fave

FANS are celebrating the return of Terry's White Chocolate Orange.

The treat – launched in 2020 – was axed in 2024.

But it is coming back to shop shelves in time for Christmas.

Jo Craddock, of Maidenhead, Bucks, said: "Thank you, Terry's. It will make Crimbo so much more fun."

Meanwhile, Nestlé is releasing a 281g Quality Street Favourites pouch containing only Coffee Cremes, which were removed from tubs more than 20 years ago.

SOAP LEGEND CARTERED OFF

ENDERS KEL: TIME TO SAY GOODBYE

Kellie . . . dramatic end

EASTENDERS actress Kellie Bright is quitting after 13 years playing Linda Carter.

Kellie arrived in Albert Square with on-screen husband Danny Dyer in 2013 to take over the Queen Vic pub.

Danny left three years ago but Kellie was keen to continue Linda's story.

She was the centre of The Six plot, in which Linda was revealed as Keanu Taylor's killer on Christmas Day 2023 following the gripping flash-forward episode.

She was also involved in a long-running alcoholism storyline that ended in 2024.

Last night, mum of three Kellie, 50, said: "I have absolutely loved being part of the show but I have decided that it is now the right time for me to say goodbye.

"I made the tough decision over a year ago, but agreed to extend my stay because of an exciting storyline. I will miss my friends and colleagues hugely but I am looking forward to my next chapter and spending more time with my wonderful boys."

Executive producer Ben Wadey said: "Kellie's characterisation of the fiercely lovable, protective and brilliant Linda Carter has made her a favourite among viewers. Everyone at EastEnders will miss Kellie and Linda dearly.

"We've still got a way to go before we say goodbye but I can promise that Kellie's exit storyline will be full of unmissable drama."

A source close to EastEnders told The Sun on Sunday: "Kellie feels it is time to see what is on the outside.

"But everyone will be hoping Linda will return one day. It's believed the door is being left open."

It is not known if bosses will ask Danny, 49, to return for her exit. The source added: "The perfect ending for fans would be for Mick to be alive and come to rescue her – but that's very unlikely."

EXCLUSIVE by HANNAH HOPE, Showbiz Editor

hannah.hope@thesun.co.uk

WRECKED ON GUINNESS

Good things come to those who wait . . . diver Stefan shows off the bottle of Guinness

Pictures: STEFAN PANIS/SPLITPICS

By LEN READ

A DIVER shows off a vintage bottle of Guinness that has been settling on the sea bed for 162 years.

It was in a crate found in the shipwreck of the Mindoro, which sank after a collision off the coast of Dover, Kent, in 1864.

Underwater photographer Stefan Panis, 47, and a colleague salvaged one — but had no idea what they had found until they surfaced and cleaned it. Belgian Stefan, who has been diving for more than 40 years, contacted Guinness to share the discovery. He said: "I think there might be more cases."

Samples have also been sent for analysis at KU Leuven University in Belgium. Researchers hope to learn more about how it would have tasted 162 years ago — and even recreate it using modern techniques.

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Parents can also pick up school bags and backpacks, lunch boxes and water bottles, socks and shoe-care essentials, making it easy to tick off more items on the back-to-school list in one convenient trip.

With more than 130 shops around the UK, Deichmann makes back-to-school shopping so simple, helping families find footwear and vital back-to-school gear under one roof.

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THE Sun ON SUNDAY

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Jane Atkinson

jane.atkinson@the-sun.co.uk

My son and I survived violent attack by a troubled stranger. I'm angry...but not at her

I WAS viciously assaulted last Sunday by a random stranger while shopping with my seven-year-old son.

Ever since, I've felt shocked and also very relieved that we are both still alive.

But mostly, what I cannot escape is how angry I feel.

Not at the strong woman who lunged at me out of nowhere, repeatedly pounding her fist on to my head with full force while giving my son, who was beside me, a haunting vision he will probably never forget.

No, I am angry at the so-called care company who were supposed to be looking after her.

They allowed this clearly troubled woman – who was non-verbal, wore calming ear defenders and, it turned out, had attacked before – to go to a busy shopping complex with carers who were not trained to restrain her.

And even if they had been trained, they still couldn't have touched her because she had never been formally assessed for restraint.

They watched as she, firstly, screamed in agony while repeatedly battering her own head against a wall in Stockport's adidas Outlet Store until her forehead was bleeding.

Then stood back as she tried to do the same to mine.

I was lucky to escape with bruises, an injured wrist and her blood on me.

How can this be safe, or fair, for anybody?

Nobody should be brought out into the community who presents a potential risk to the public without adequate carers who can deal with the dangers.

How the care company bosses allowed this trip out is beyond me.

I know my son and I are both left traumatised. I wonder if this woman, who they are supposed to care for, is too?

The only positive is that my son saw how I eventually pushed her off me, turned and ran to get us both out of harm's way with the help of the kind-hearted shop staff.

He now knows it is essential to eat at least *some* vegetables and do exercise.

But if she'd hit another part of my head, had a weapon or, God forbid, chosen to take it out on him – or a more frail shopper – there would not be a single positive to this.

Our new Prime Minister has just pledged a major overhaul of England's adult social care system.

My experience shows why getting it right cannot wait, or we will all continue to be at risk.

Days later a woman went on a violent rampage in London, stabbing people at random with a pair of scissors. The Met Police called this an "isolated, mental health incident".

But thanks to our broken care system, these incidents are not so isolated, are they?

Just weeks ago, a three-year-old boy was seriously injured in Cambridgeshire after allegedly being thrown into a crocodile pit.

The suspect in that case reportedly has learning difficulties and had also been on a trip escorted by carers.

In 2019 at the Tate Modern, a six-year-old lad was hurled from an outdoor viewing platform and received life-changing injuries.

Autistic Jonty Bravery was jailed for life.

Both those victims were simply enjoying family outings, too.

All my son wanted to do that day was get his first ever pair of football boots in that warehouse-style shop, where the lights are bright, the noise echoes and there's a slightly claustrophobic feel because the only windows are ten feet up from the ground.

Somewhere that woman clearly felt uncomfortable.

You enter and leave through a dark hallway. That's where she attacked me, minutes after her self-harming episode. I had no idea she was even in there.

Her two carers hadn't thought to warn anybody.

We were failed

Afterwards, one young carer said they'd just fancied a "nice day out", and that the resident was prone to "episodes" and needed her "medication".

When her boss at the social care company, which looks after people with complex needs, learning disabilities, autism and mental health conditions, rang to apologise, she said the resident had attacked before, was "unpredictable" and her episodes came with "no trigger, no warning signs".

She explained: "We are not allowed to physically restrain or put hands on, just guide and manage the situation."

Which was evidently impossible.

She went on: "Unless the carers are trained to restrain, they're not allowed to restrain."

Because she had only attacked paid staff before, she'd not even "been assessed to be restrained".

They didn't believe it was "needed".

My headache says otherwise.

I hope now she will be assessed so she can enjoy days out with appropriate care.

This woman has been failed.

My son and I were failed.

So too were those carers.

The morning after the attack, my confused son asked: "Are you angry with that woman yet, Mummy?"

The answer was still: "No."

I am angry with a system that keeps failing those people who really need care.

It's time for change.

Because the next family may not be as lucky as mine.

DIY STICKERS . . . car

JESUS, WHAT A MESS!

INSURANCE companies are money-grabbing thieves, aren't they?

Well, here's one that didn't want money and is *still* getting grief.

When motorist Simeon Chandra asked GoSkippy to insure his lilac Nissan Pixo, they refused.

Not because of his slightly odd choice of car but because of his "Jesus Loves You" stickers slapped on the side of it.

The Christian owner was "shocked and upset" that they told him to remove the stickers or find different insurers.

Really? I say, good on them. What does he expect? He's made an already ridiculous-looking car an absolute spectacle. Nobody's likely to nick it – but they might well bash into it.

Not because of the message on the stickers, but because the DIY lettering is so badly misshapen you need a second look (and maybe even a third) to work out what he's trying to say.

Which all spells car crash to me.

Coleen gets a dressing down

YOU know when you've stuffed up and you go all-out to try to rectify things?

Coleen Rooney does.

Just days after she was seen wearing designer gear that was virtually the double of her budget Primark range, apart from the price tag, *above left*, she decided to go on a shopping trip to Manchester's Trafford Centre. And guess where she went?

Yep. Primarni itself.

Just to prove it, she paraded outside the shops with a gigantic Primark bag to let everyone know just where she went.

PR disaster averted.

CHOPPER-ED . . classic

A RIDE SHAME

ARE you a kid of the 80s? If so, you will probably remember playing out on a Raleigh bicycle – the Burner BMX, the Grifter and, my favourite, the wonderful Chopper bike.

But they are soon to be no more because the firm's Dutch owner has collapsed into insolvency.

Apparently the bikes' demise is down to competition from cheap Chinese rivals.

The number of kids sitting on their bums and chatting on social media probably hasn't helped either.

IT'S time to rejoice . . . about the weather.

Some people have moaned about England already sweltering in four heatwaves this summer, but there is a wonderfully positive result.

According to Mark Driver, of the Rathfinny Wine Estate in West Sussex, this will be a "landmark" year for English sparkling wine.

Now there's something to celebrate.

Cheers!

PACKET IN, KATE

AFTER research showed that three out of four of us haven't a clue what to keep in the fridge, food expert Kate Hall revealed that crisps and tortilla chips deserve to get the cooling treatment.

How ridiculous.

She must have one hell of a big fancy fridge.

Have you seen the size of a packet of Doritos?

If I shoved a couple of those bad boys in mine, I'd have no space for my Mounjaro.

£6M BBC SOAP'S 27,000 VIEWERS

THE BBC is blowing up to £6million a year on a Welsh-language soap that pulls in a pitiful 27,000 viewers an episode.

Pobol y Cwm cost £10.1million when it was broadcast five nights a week.

Now at three episodes, the S4C mainstay is still burning through licence-fee cash while fans revolt over "far-fetched" storylines.

EXCLUSIVE by THEA JACOBS

Overall the BBC spent £117million on Welsh programming last year, despite weekly viewership dropping below 50 per cent.

The BBC spent £171million on Scottish programming in 2025-2026, with £75million for shows broadcast there exclusively. But just 12 per cent of Scots watch BBC Scotland. In 2024, the channel dropped pricey news show The Nine after viewers fell to 1,700.

Northern Ireland spending was £67million. Of that £31million went on local-only output, yet only a third tuned in weekly.

The TaxPayers' Alliance said: "The BBC should prove it can make programmes people actually want to watch." The BBC said: "We are proud to reflect, represent and serve UK communities."

Drama . . . Pobol y Cwm

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We think you will agree, this100 track 4CD collection of original hits is a "must have" and is a perfect addition to your collection. ***Rock 'n' Roll doesn't get bigger than this!***

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2. Jailhouse Rock - Elvis Presley
3. Be Bop A Lula - Gene Vincent
4. Great Balls Of Fire - Jerry Lee Lewis
5. Three Steps To Heaven - Eddie Cochran
6. You're So Square (Baby I Don't Care) - Buddy Holly
7. At The Hop - Danny & The Juniors
8. Mona Lisa - Conway Twitty
9. Woo Hoo - Rock - A - Teens
10. Shirley Lee - Ricky Nelson
11. Rock Around The Clock - Bill Haley
12. Chantilly Lace - The Big Bopper
13. Blue Suede Shoes - Carl Perkins
14. Let's Have A Party - Wanda Jackson
15. Lonesome Train - Johnny Burnette
16. Over And Over - Thurston Harris
17. Tequila - The Champs
18. Ain't That A Shame - Fats Domino
19. Forty Miles Of Bad Road - Duanne Eddy
20. A Teenager In Love - Dion & The Belmonts
21. Good Golly Miss Molly - Little Richard
22. Bye Bye Love - The Everly Brothers
23. Let's Jump The Broomstick - Brenda Lee
24. La Bamba - Ritchie Valens
25. Suzie Q - Dale Hawkins

DISC 2
1. C'Mon Everybody - Eddie Cochran
2. Shout! Shout! (Knock Yourself Out) - Ernie Maresca
3. Hey Doll Baby - The Everly Brothers
4. Rebel Rouser - Duane Eddy
5. Drugstore Rock And Roll - Janis Martin
6. Johnny B. Goode - Chuck Berry
7. Party Doll - Buddy Knox
8. Little Darlin' - The Diamonds
9. Tongue Tied Jill - Charlie Feathers
10. Oh Boy - The Crickets (featuring Buddy Holly)
11. Rockin' Bones - Ronnie Dawson
12. Stupid Cupid - Connie Francis
13. Raunchy - Bill Justis
14. Tutti Frutti - Little Richard
15. Bo Diddley - Bo Diddley
16. Under The Moon Of Love - Curtis Lee
17. Whole Lotta Woman - Marvin Rainwater
18. Jungle Rock - Hank Mizell AKA Jim Bobo
19. Willie And The Hand Jive - The Johnny Otis Show
20. Rock The Bop - Brenda Lee
21. Go! Go! Go! - Roy Orbison
22. Hot Rock - Johnny Carroll
23. All Shook Up - Elvis Presley
24. Rumble - Link Wray And His Ray Men
25. It's Only Make Believe - Conway Twitty

DISC 3
1. Rip It Up - Little Richard
2. Rockin' Robin - Bobby Day
3. Come On, Let's Go - Ritchie Valens
4. Alley-Oop - Hollywood Argyles
5. Bony Moronie - Larry Williams
6. Dynamite - Brenda Lee
7. High School Confidential - Jerry Lee Lewis
8. Let There Be Drums - Sandy Nelson
9. Come Here Jo-Anne - Tommy Boyce
10. Kansas City - Wilbert Harrison
11. Short Shorts - Royal Teens
12. Summertime Blues - Eddie Cochran
13. Teen Beat - Sandy Nelson
14. That's All Right - Elvis Presley
15. Be My Guest - Fats Domino
16. Chariot Rock - The Champs
17. Bluejean Bop - Gene Vincent
18. Charlie Brown - The Coasters
19. Splish Splash - Bobby Darin
20. Ready Teddy - Buddy Holly
21. Wake Up Little Susie - The Everly Brothers
22. The Shape I'm In - Johnny Restivo
23. Rockhouse - Roy Orbison
24. Red River Rock - Johnny And The Hurricanes
25. Since I Don't Have You - The Skyliners

DISC 4
1. There's Good Rockin' Tonight - Ricky Nelson
2. Breathless - Jerry Lee Lewis
3. That'll Be The Day - The Crickets
4. Dixie Fried - Carl Perkins
5. The Girl Can't Help It - Little Richard
6. Do You Wanna Dance - Bobby Freeman
7. Pretty Thing - Bo Diddley
8. High Blood Pressure - Huey 'Piano' Smith &The Clowns
9. Rockin' Daddy - Eddie Bond
10. Sweet Little Sixteen - Chuck Berry
11. Honey Hush - Johnny Burnette
12. Rocking Goose - Johnny And The Hurricanes
13. Love Potion #9 - The Clovers
14. Ooby Dooby - Roy Orbison
15. Sea Cruise - Frankie Ford
16. That's My Little Suzie - Ritchie Valens
17. Robot Man - Connie Francis
18. Duck Tail - Joe Clay
19. Bottle To The Baby - Charlie Feathers
20. Say Mama - Gene Vincent
21. Little Bitty Pretty One - Thurston Harris
22. Razzle Dazzle - Bill Haley & His Comets
23. Giddy Up A Ding Dong - Freddie Bell & The Bell Boys
24. High School Dance - Larry Williams
25. Don't Be Cruel - Elvis Presley

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BOSSES: SORT

MOTORING

MOTORING has long been a jewel in the UK's crown, adding around £25billion a year to the economy.

Now, mechanics and garage owners are calling on the Government to reduce business rates.

Bilal Khan, 35, who has been a mechanic for 17 years and owns Billy's Auto & Body shop in Newcastle, said: "The Government's Buying British initiative is a nice-sounding idea, but there are much more pressing issues.

"For example, I have two businesses and now pay £900 a month in rates on each. This is so much. The costs are getting higher and our margins are smaller."

Other industry leaders have called on Chancellor Healey to make slashing energy costs his priority. Mike Hawes, CEO of the Society of Motor Manufacturers and Traders, said: "There's a lot the Government can do to make our lives easier – and one of those is the huge cost of energy to the sector.

"We need to try to get the fundamental cost of energy down as we're dependent on things like gas to keep production moving.

"Energy is the second-biggest input cost into vehicle manufacturing. We don't qualify as an energy-intensive user at the moment. We'd like that to change.

"I admire the 'Buy British by design' notion, but this change in regulation would help us more."

UK car manufacturers, which include Aston Martin, Jaguar and Bentley, pay about 59 per cent more for energy overall than EU-based rivals and costs are set to jump again this year – threatening competitiveness. Racing kit car boss Stewart Mutch, 48 – who runs MEV Kit Cars in Gloucester – makes all his components in Britain, but imports raw steel and aluminium from China and Europe to stay competitive. He said: "The government needs to focus on the never-ending spiral of regulations and cost-of-living increases. On raw materials we can't compete with China and Europe. The cutting tools we use have gone up 120 per cent in 12 months."

ENERGY PLEA . . . Mike Hawes

FARMING

TURKEY farmer Richard Dryden said the new Chancellor needs to go much further to help farmers who are buckling under the strain.

Richard, 40, who runs Murton Moor Farm in Durham, employs two full-time staff and two seasonal workers. He said: "The minimum wage has been increasing hugely over the last few years and I don't think it's beneficial to any industry.

"It's counterproductive. It means fewer people in work. The Government doesn't seem to consider this.

"There's an agricultural college close by and we would love to take on a student for an apprenticeship, but with the red tape and how much you have to pay them, it's simply not worth it.

"You wonder what that will mean for the future."

Richard praised the "buy British" concept, but was sceptical as to whether it would help the wider industry. He said: "It sounds great, but will this filter down to the man on the ground? What I would really appreciate the Government doing to support farmers and enabling customers to buy British produce is banning the import of genetically-modified crops. We are not allowed to grow these in the UK, which I actually agree with, but it makes it very difficult to compete. A lot of imports, particularly from the US, are genetically modified, which makes them cheaper to produce.

"If we are going to ban something in this country, let's ban the import of these crops. I would like a level playing field. We're trying to compete against markets that have far lower costs."

Richard also called on the Government to relax planning laws, saying: "We've run into many problems while trying to expand the business. We keep hitting roadblocks.

"Getting rid of some of the red tape would be of more use than the Chancellor promising to award contracts to UK firms.

"We're not close enough to that market to see a difference."

'LEVEL PLAYING FIELD' . . . Richard

CONSTRUCTION

CONSTRUCTION boss Ian Hodgkinson has always taken pride in investing in UK workers and buying materials from local suppliers where possible.

But Ian, 63, from Derby, who has worked on building sites for the past 40 years, said the Chancellor's plan was an "empty promise".

Instead, he called on John Healey to consider scrapping VAT on extensions and house improvements – a tax he says is crippling many in the industry – to get the construction trade booming again.

The average single extension in the UK costs around £52,000 for the homeowner, with £10,400 VAT on top.

Ian said: "While 'buying British' will obviously be great for the businesses that benefit from big-money Government contracts, it won't tackle the real issues facing our industry.

"Homeowners are struggling to afford extensions because the 20 per cent VAT rate is pushing prices out of their range. In turn, we are not getting the work. We also need to invest more in apprentices, so we have more high-level UK workers."

According to data from the Construction Products Association, approximately 72.3 per cent of all construction products used in the UK are manufactured domestically.

But DIY SOS star Ian says Government plans to buy British will do little to improve this, adding: "At the moment, we bring in so much steel from abroad, timber from Norway or bricks from Germany – not because it's easier, but simply because there just isn't the capacity in the UK to get these things.

"For example, there are only six steel mills in the UK and productivity in that sector fell by almost seven per cent a couple of years ago.

"And there are only around 45,000 bricks in the UK to buy at one time.

"The bricks we get from Germany are not only cheaper because of the volume made there each year, but we can get them much faster."

GRIM COST . . . Ian says high tax is putting customers off

OUT TAXES, FUEL BILLS AND RED TAPE

SHRINKING MARGINS . . . garage boss Bilal Khan, from Newcastle, wants a cut in high business rates

Dear Chancellor,

We need a Brit of help

INDUSTRY leaders have hit out at Government plans to push "buying British" – urging ministers to first tackle crippling taxes, energy costs and restrictive red tape.

Chancellor John Healey has insisted he would make sure "every government department" was "backing Britain". In an interview with The Sun on Sunday, he explained: "You will see this as a determined drive that you have not seen before from a British government.

"Buying British not if possible, but by design – so that every procurement pound supports British jobs, British apprenticeships and British skills."

But struggling bosses accused him of offering "empty promises" rather than "tackling the real problems crippling businesses".

Bricklayer and construction boss Ian Hodgkinson, who works in a sector that contributes £140billion a year to the economy, said: "It's a nice soundbite, but it's hardly what the sector needs to kick-start a building boom.

"The best thing he could do is scrap VAT on extensions and home improvements, which is the bane of so many in our industry. I hope the Chancellor listens." Public procurement is a process by which public sector organisations buy or rent anything, from loo paper to battle tanks.

It accounts for roughly one-third of public spending, amounting to almost £400billion last year.

Today, we speak to experts in four key areas to find out what action the Chancellor needs to take to back British business and fix the real problems holding back their sectors.

'EMPTY PROMISE' . . . Chancellor John Healey is accused of neglecting the real issues affecting UK industries. *Above*, our report on his plans

HOSPITALITY

LANDLADY Lynsey Smith prides herself on buying all-British produce for her country pub and restaurant. But more British procurement will do nothing to help struggling pubs like hers.

Lynsey, 46, who runs The Saracens Head in Ormskirk, Lancs, called on the Chancellor to slash the crippling VAT she has to pay on all her income.

She said: "I'd urge the Chancellor to reduce VAT from 20 per cent to ten per cent to give us a chance.

"Buying British is all well and good, and we pride ourselves on doing that, but we need help with our bottom line."

New PM Andy Burnham recently announced he was cutting business rates by 20 per cent for 32,000 pubs, clubs and live music venues – saving an estimated £1,100 for a typical boozer.

But Lynsey says that the cut in business rates makes "little difference" compared to slashing VAT, which is "directly linked to our cost base and turnover".

Hospitality contributes nearly £93billion to the economy, employing around three million people.

Other businesses are also worried about being hit by plans for a "holiday tax" – which would add extra costs for people taking breaks in the UK.

This would allow mayors and other local leaders to introduce a tourist tax to raise money – something Burnham has already launched in Manchester.

Allen Simpson, chief executive of UK Hospitality, said: "If we want to buy British then maybe don't make the tax on buying a British holiday twice that imposed on buying a holiday abroad.

"VAT on a holiday is already 20 per cent – so if you pay VAT on the tourism tax, that would make it 27 per cent.

"It's a disaster for restaurants, and hotels will be even worse affected."

'SLASH THE VAT! . . . landlady Lynsey Smith

Scraping by . . . traders

Tiny firm owners suck up pay pain

By LEN READ

MILLIONS of small traders pay themselves just over half the minimum wage as they battle to stay afloat, a poll shows.

Three in four claim to be putting in considerably more hours than the typical UK worker while earning significantly less.

They report paying themselves less than £20,000 a year for an average 49.6-hour week.

That works out at about £7.75 an hour, well below the National Living Wage rate of £12.71.

The proportion was up from about two thirds last year, while business confidence was also found to be falling away.

The findings are from business support network Enterprise Nations, which says owners of small businesses are taking a pay hit to protect their staff and customers.

CEO Aaron Asadi said: "That's not a sustainable position for the UK's key driver of the economy."

He called for an easing of the business tax burden in October's budget.

SPORTING

IN 2025, entrants at the Stone Skimming Championships were disqualified for grinding rocks into "suspiciously circular" discs.

SCANDALS

Pud stall sickness

A YORKSHIRE pudding stall is being probed by health safety chiefs over reports of food poisoning.

Dozens of people said they fell ill after eating meals from Yorky Roast at Truck Festival.

One visitor last month said it was "the worst food poisoning of my life" and had to go home.

The £320-a-ticket event featured groups including The Maccabees and Two Door Cinema Club in Steventon, Oxfordshire.

Event Mobile Catering which runs the stall said it was a family business and has operated at Silverstone and Glastonbury.

Festival organisers said the stall was shut "within 90 minutes of medical teams raising concerns".

SPORTING

CARDIFF Half Marathon 2023 runner Sion Daniels set a "world-record pace", but had uploaded GPS data from another run.

SCANDALS

CHRIS AND KARIS SET FOR Sun ON SUNDAY £40k BASH

EXCLUSIVE by JANE ATKINSON and SARAH ARNOLD

KARIS TOTTOH is planning a knockout wedding like boxer Tyson Fury gave his daughter Venezuela – after winning our incredible Sun on Sunday competition.

The mum and her fiancé Chris Livesy will say 'I do' in October at a £40,000 bash in 12th Century Walworth Castle in Darlington, Co Durham.

Brave Karis was the lucky reader picked by our panel of judges to scoop a castle ceremony, bridal gown, bridesmaids' outfits, stylists, rings, music, cake, mother-of-the-bride dress and photographer.

There was even a pair of Crocs thrown in, just like the ones Venezuela wore as she walked down the aisle to marry Noah Price in May.

After their nuptials, our lucky newlyweds will honeymoon on the Med, just like celebrity couple Mr and Mrs Price – whose nuptials we celebrated with our amazing contest.

Bride-to-be Karis said of her big win: "I can't stop smiling. I feel like I'm in a dream. We've never won so much as a chocolate bar before.

"When I told Chris I was entering, I said, 'I have a funny feeling we've got this'. He laughed and said, 'You're in cloud cuckoo land'.

"He's eating his words now. It feels like fate."

Chris added: "I can't believe my best friend will finally be my wife. She's so happy to be wearing Crocs like Venezuela on her big day, too.

"I bought her some last Valentine's Day because she loves them. Other girls might demand diamonds, but I know what makes my wife-to-be happy. Thank you all from the bottom of our hearts."

Karis and Chris have been yearning for happiness after facing tough times.

'Magical chapter'

In 2024, teaching assistant Karis was diagnosed with cancer and feared leaving behind their boys Kit, nine, and Klay, seven, and son from a previous relationship, Kaden, 20.

As she underwent chemo and radiotherapy, Chris stepped up to hold the family together. And they were side by side in January 2025 when Karis rang the hospital bell to mark the end of her treatment.

She said: "Before the cancer, I wouldn't have dared enter the competition, but I now grab every opportunity. I live for today because there were times when I feared I wouldn't see many tomorrows.

"But we got through that and now we're here. We are winners. It's like a dream."

Just like Venezuela, Karis is the daughter of a boxer. Dad Alan competed in the welterweight class at the 1968 Summer Olympics. Tyson even met Alan before he died of cancer.

In fact, it was the sport that united Karis and Chris, who works as a telehandler driver on a construction site.

The pair met in the pub watching Anthony Joshua in his bout against Gary Cornish in September 2015.

And the coincidences continue. Venezuela married Noah on Karis's birthday in May, and she and 42-year-old Chris got engaged at a hotel loved by Tyson and wife Paris.

Now, they will marry on Karis's dad's birthday in October.

She said: "When I first met Chris, he mistook me for someone else and put his arm around me. When he realised, he went bright red – but it was love at first sight. He's amazing.

"Kit and Klay have autism and that's been tough. But through life's highs and lows, we have remained inseparable."

The couple, from Manchester, regularly watch At Home With The Furys, and after seeing an episode in 2023 in which Tyson visited the Swan Hotel in Newby Bridge, Cumbria, Karis said she would love to go. She explained: "Chris then booked it as a surprise to celebrate our ten years together.

"Over dinner he proposed with a diamond ring. I nearly choked on my souffle, then burst out crying.

"It was one of the happiest moments of my life. We started planning our wedding and agreed we wanted to try for another child.

"I dreamed of having a little girl."

But the following April, doctors discovered Karis had a fibroid in her womb.

She recalled: "I had severe bleeding and blood transfusions.

"I was in and out of hospital and put in a medically induced menopause to try to shrink it.

"But nothing worked. I was in so much pain, so ill."

After an emergency hysterectomy, Karis was told she had cervical cancer. She said: "Chris carried me through the darkest days. Our wedding plans were put aside, our dream of more kids gone. I had to give up work.

"I honestly didn't know from day to day if I was going to die."

Chris also faced challenges. Karis said: "He had a tough start, but he says meeting me changed his life.

"When I got sick he showed what kind of man he is. He did the school runs and house work, he took me to every single radiotherapy and chemotherapy appointment. I couldn't have got through it without him. At night, when the fear kicked in, I felt I couldn't breathe because of the sheer panic.

"He held me so tight. Winning this competition feels like a new, magical chapter in our life together.

"I can't thank everyone, all the suppliers and The Sun on Sunday, enough for picking us."

Hundreds of readers entered our competition in a bid to clinch the top prize, which includes contributions from many of the suppliers the Prices used. Karis and Chris were chosen by a panel of judges led by pop star Peter Andre, who sang at Venezuela's wedding.

He said: "Karis and Chris are very deserving winners. Karis has been through an incredibly difficult few years, and Chris has been there alongside her throughout it all.

"That's what marriage is about – supporting each other through life's challenges as well as celebrating the good times. After everything Karis has faced, I think they both deserve to enjoy this special day.

"Congratulations to you both."

INSPIRATION . . . our prize package mirrors Venezuela and Noah's glitzy nuptials

FAMILY FIRST . . . couple with Kit, Klay and Kaden

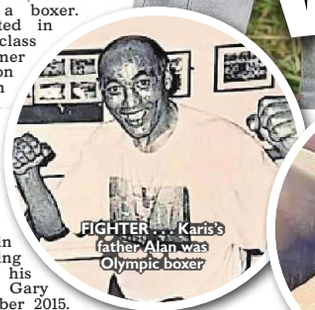
VOWED AND PROUD . . . Chris and Karis are delighted to have scooped our fab £40k wedding prize

Picture by PETER POWELL

We won Fury wedding

Gifts from kind firms

To learn more about our incredible suppliers, visit:
VENUE: walworthcastle.co.uk
HONEYMOON: thomascook.com & puenteromano.com
BRIDE'S DRESS: avarosehamilton.co.uk
VENUE STYLIST: eventstylists.im
RINGS: bridgegatejewellers.com
SHOES: crocs.co.uk.
MOTHER-OF-THE-BRIDE DRESS: mattobrien.co.uk
BRIDESMAIDS: thepromsbop.co.uk
CAKE: qualitycakecompany.com
SUITS: www.affleckmoffat.co.uk
BRIDAL DRESSING GOWN: nolagrey.co.uk
PHOTOGRAPHER: instagram.com/bb7_creative
BRIDAL FACIAL: thesknnurse.co.uk



FIGHTER . . . Karis's father Alan was Olympic boxer

ROAD TO RECOVERY . . . Karis in hospital

Died later . . . Christine

Stretcher fall gran apology

By THOMAS GODFREY

AMBULANCE chiefs have apologised after a gran fell off a stretcher and hit her head on concrete hours before her death.

Christine Faunch's top half was unsecured after paramedics fastened only the waist and leg straps.

The 75-year-old, of Dover, Kent, came off the stretcher as she had a seizure and died hours later in hospital from a ruptured spleen.

An inquest heard it was most likely not caused by the fall.

Coroner Katrina Hepburn recorded a verdict of accidental death at an hearing in Maidstone.

South East Coast Ambulance Service apologised and said it had carried out a review to prevent similar accidents.

HE'S ONE OF A FIND

Detectorist Darren Wiles, 54, is marking 500 finds – reuniting people with £360,000 of items in 13 years in Bournemouth.

Picture: TWOPOINTO MEDIA

NECK & NECK!

By LEN READ

TWO thirsty giraffes make a matching pair as they neck a drink from a watering hole.

The lanky beasts look awkward but are poised to make a quick getaway if a predator nears.

The moment was captured by photographer Seppo Tuomaala at Zimanga Private Game Reserve in KwaZulu-Natal, South Africa.

OUR £13M BOOST FOR GAS IN MOZAMBIQUE

Profitable . . . African gas

MORE than £13million in UK taxpayer cash is helping Mozambique profit from flogging natural gas.

It comes despite new drilling being banned in the North Sea, stopping Britain from getting similar returns.

EXCLUSIVE
by THOMAS GODFREY

The Foreign Office has funnelled money to the East African state to help it better collect revenues and manage finances.

The project was set up in 2018 to ensure Mozambique state can "reap the imminent benefits of gas revenues". The UK gets no return on its investment.

The £13.2million Tax and Economic Governance Programme runs until at least the end of 2026. It could instead fund annual energy bills of nearly 9,000 struggling British families or restore £300 Winter Fuel Payments for 44,000 pensioners.

Mozambique is soon set to rake in around £4.6billion a year from selling gas and taxes on firms operating in its territory.

Critics slammed the double standard and called for Foreign Secretary Ed Miliband to scrap the deal. Reform's Robert Jenrick said: "This is nuts. Reform will slash foreign aid and get drilling again in the North Sea."

The Foreign Office said: "The Tax and Economic Governance programme helps prevent money-laundering and strengthens Mozambique's ability to identify and remove funding that could be directed to terrorist groups, protecting the UK both at home and abroad."

New to Sky customers joining Sky Stream only. Netflix Standard with Ads, Disney+ Standard with Ads, HBO Max Basic with Ads, and Hayu included.
Relevant subscriptions and set-up required. Separate 24-month contracts for Sky Full Fibre 900 (£20pm), Sky Pay as you Talk (£0pm) and Sky Ultimate TV (£21pm). Standard prices apply after 24 months (currently £38pm for Sky Ultimate TV, £41pm for Sky Full Fibre 900 and £0pm for Sky Pay as you Talk). Sky Broadband availability subject to survey, selected fibre areas only. Not available to customers without a mobile signal at home or reliant on their landline for emergency services. Sky Talk service provided as Internet Calls as standard. Average speed for fixed line connection to Hub 900Mbps (download) and 90Mbps (upload). Wi-Fi performance varies by device and home environment. All kit is loaned and must be returned at the end of your subscription. 18+. UK only.

Safer . . . eclipse specs

Eclipse's the best for west

By LOWRI LEWIS

DEVON and Cornwall will be the best spots in Britain to view Wednesday's solar eclipse.

The port city of Plymouth will have a particularly clear view as the moon covers as much as 96 per cent of the sun.

The west of Pembrokeshire was also identified by the Met Office as a great place to watch.

The view will be slightly less spectacular in the east of the UK.

The phenomenon will occur between 6.17pm and 8.06pm and will be the fullest eclipse since the total one in 1996.

Meanwhile, the Royal Greenwich Observatory advised against watching without protecting the eyes, warning that sunglasses were not enough.

QUOTES OF THE WEEK

Aileen O'Connor
Police Federation boss on planned release of killers of PC Andrew Harper, left

"Andy Burnham may be on his holidays but we won't rest on this"

Jason Arday
On quitting as Cambridge prof amid plagiarism row and 'Walter Mitty' claims

"It is simply the decision of someone who has reached the limits of what any person should reasonably be expected to endure"

Helen Whately
Tory MP on plan to end council housing for foreigners

"Making Britain your home should not come with a free ride on the benefits system."

Princess Eugenie
Welcomes first daughter with husband Jack Brooksbank

"We are beyond in love with our girlie."

Victoria Newton
Sun editor hails columnist Rod Liddle, left, who died aged 66

"A champion of Press freedom, no topic was off-limits, and his writing – as funny as it was excoriating – was simply exceptional."

TRUCKY DAY

A collection of nearly 1,000 Dinky cars and trucks have sold for £146,000 at auction in Stockton-on-Tees.

RADIO HOST WANTS TO PUT JO

EXCLUSIVE by **SOFIA ZAGZOULE**

FOR years she was known as the bubbly, party-loving star of Celebrity Juice and Top Of The Pops.

But Fearne Cotton then retreated from our screens for six years as she dealt with divorce and terrifying tumours in her jaw.

She was crippled by such anxiety that she endured panic attacks, was scared to socialise, struggled to do TV work and couldn't even drive a car.

Today she tells The Sun on Sunday how she has just filmed a new series of TV's Landscape Artist Of The Year for Sky Arts, feels happier than she has in years, and how the realisation she needed some "fun" back in her life finally helped her to recover.

Fearne, 44, who has spent years focusing on her wellbeing and mental health, believes the pressure society now puts on people to be perfect humans is "destructive".

The mum of two says: "We put more things on our plate. We've got to tick off the list that I'm eating right, and I'm exercising all the time, and I'm covering myself in green juice, and I'm sticking things in my ears.

"Like, wait a minute – are you actually having fun?

"We all need to put fun into the wellness conversation. It's been totally eradicated. We're here to live – and living and having fun is messy.

"That's the bit I wasn't doing. I was having no fun, because I was just in my house. I realised if I go out and have fun, and I have a couple of drinks, yeah, I might feel a little ropey the next day.

"But worrying too much about this stuff is all bonkers.

'Snowball of anxiety'

"I want to get to, hopefully, 90, and look back and go, 'I had so much fun'. I'm not going to look back and go, 'I'm so glad I had eight hours of sleep every night for 90 years'.

"That, to me, is a new priority in my mid-40s – making sure that I go out and have a nice lunch with a bunch of really good people, have a few drinks with my girlfriends from school, get a bit p**sed, have a bit of a giggle. I'll wake up the next day, still laughing.

"That can boost me for an entire week of solo parenting."

Fearne, who presents the Happy Place podcast, has been in the spotlight since the age of 15, when she won a nationwide talent search to present TV's The Disney Club.

After presenting a number of children's shows – and meeting one of her best friends, Holly Willoughby, along the way – she hosted Love Island and The Xtra Factor before landing jobs on Radio 1 and Radio 2.

Festival-loving Fearne met musician Jesse Wood, 49, the son of Rolling Stone legend Ronnie, in June 2011 while on a girls' holiday in Ibiza. They married in 2014 after having son Rex, now 13, and went on to have Honey, ten.

But by December 2024 Fearne revealed she had two benign tumours on her jaw and needed surgery. Then the couple announced an "amicable" split.

By then the star says she had become a "sort of hermit".

Fearne explains: "I was very scared of getting things wrong, like getting socialising wrong.

"I built up a snowball of anxiety that could be triggered by just stumbling over a word in a conversation.

"I could go to a party and then come home and repeat every word that I'd said on a loop, and I couldn't sleep. It was just nuts. I was crippled with anxiety. I had panic attacks constantly. There were lots of things I couldn't do – I couldn't drive a car, couldn't do a lot of TV work I'd been doing. I just felt debilitated.

"Now I'm having loads of fun. And for anyone stuck in deep anxiety, I believe it's absolutely possible to get out of it.

"If it's debilitating to the point where you can't do things, you've got to face things that you might not want to face."

A therapist helped the star realise she was actually struggling with anger.

Speaking at health and wellness festival The Longevity Show, Fearne recalled: "She said to me, 'I don't think you've got panic disorder or anxiety disorder – I think you're really angry'.

'We all need to put fun into the wellness conversation. It's been totally eradicated. We're here to live, and living and having fun is messy'

AT THE RED-DY . . . Fearne at King's Trust 50th anniversary event at the Royal Albert Hall in May

DIVORCED FROM JESSIE

BIG DAY . . . marrying musician Jesse Wood in 2014

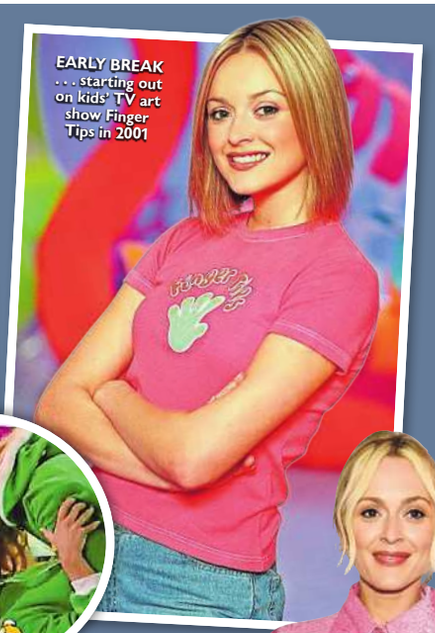
I've bun last I wa

Y BACK INTO HEALTHY LIVING

HEALING . . . revealing scar in December 2024 after operation

TUMOUR REMOVED

THAT'S SHOW QUIZ . . . with pals Holly Willoughby and Keith Lemon on Celebrity Juice in 2014 and, *right*, cheeky banana challenge with Holly on show



EARLY BREAK . . . starting out on kids' TV art show Finger Tips in 2001

e been through a ch of stuff in the few years...now nt fun in my 40s

Says FEARNE COTTON

FLARE FOR STYLE . . . at the TRIC Awards in London in July 2022

irst, I was like, I am not angry, I can't cope in my life. And then more I went back, the more I ised I'm livid about certain things. Knowing how to channel anger in ealthy way has not entirely eradi- d my anxiety but it got rid of 80 cent of the debilitating stuff.

We all know that stress will ifest physically. I had a tumour in face two years ago that I had oved, and as soon as I had it nosed, I was like, oh, I know tly what that is.

hat is clutching my jaw. I was so nse and livid before the therapist revealed this kind of epiphany.

's not good for us. We know ot. I'm pretty sure it is disastrous all physical health."

arne believes that stopping g a people-pleaser, realising that ybody makes mistakes and being kinder to herself has changed her life. She says: "It's so hard to believe that you deserve it, that you should invest time in making yourself feel better or healing yourself from stuff that you've been through.

'Am I doing a good job?'

"Just think: What about *you*? What about yourself? Why do you still hate yourself on certain days? Or why do you still not forgive yourself for certain things or assume that you're the only one that's gotten everything wrong all the time?

"That's been a really key factor in me feeling good and not being back where I was almost ten years ago."

After slowly rebuilding her confidence, she realised she could return to TV after hosting her last series in 2019.

Now amateur artist Fearne has become the new co-presenter of Landscape Artist Of The Year, which will air next year on Sky Arts.

She says: "I was really petrified about stepping back into that environment. But more recently, I felt good enough to push myself out of my comfort zone and back into TV.

"Before, I'd get so worked up, and go, 'Am I doing a good enough job on TV? Will people like this?'.

"And all of my happiness will be derived from the results at the end of whether it's well received."

But after filming in Yorkshire she realised she felt "elated" again.

She says: "Last night I arrived back in London, really late at night, and I was saying goodbye to the crew.

"I gave them all a huge hug. I got so elated that I was working with these brilliant people and we'd had this amazing day together. The end product was almost irrelevant. It's the experience of interacting with good people that boosts me, and makes me feel good, and hopefully I can do the same."

Fearne recalls certain TV projects in her past were very different.

She says: "It was a cyclone of negativity where everyone is kind of tiptoeing around everybody else.

"There's no communication and then you feel disconnected.

"The show I'm working on currently feels like the antithesis of that.

"Everybody's bouncing off each other. It only takes one person in a room who wants to alleviate tension or bring the mood up, then it's just a ripple effect through the group, and it's a pretty powerful thing."

● **The Longevity Show returns to London on April 16 & 17 next year and makes its New York debut next May.**

the Sunday

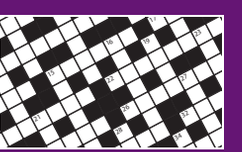
THERE'S SO MUCH MORE TO COME...

FOOD
Pages 34 & 35

MONEY
Page 36

PETS
Page 37

HEALTH
Pages 38-39



PUZZLES
Pages 40-42

TRAVEL
Pages 45-47

19 pages of
SPORT

+ plus + plus
TV AND LISTINGS PULLOUT

DESPITE being a full-coverage foundation devotee, I recently discovered a skin tint worth bending the rules for. But it doesn't come cheap. So I put it to the test against two less expensive options . . .

you BEAUTY

with TARA LEDDEN

budget

Maybelline Super Stay up to 24H Skin Tint Foundation + Vitamin C, Boots, £13.99 for 30ml: The 24-hour wear claim was music to my ears and, frankly, why I chose to try this in first place. I have extremely oily skin, which usually means tinted products have completely disappeared from my face in a couple of hours, max.

The coverage is fuller than I expected, akin to a normal foundation. It suits me but is something to keep in mind if you want a more imperceptible finish. Because of the fuller coverage, the shades aren't as stretchable so it's important to find a perfect match – as there are only 20 shades in the range.

mid-range

Sculpted By Aimee HydraTint, Asos, £24 for 30ml: I am a huge fan of this beauty brand, but I would reach for its cushion foundation ten times over before considering this – or that's what I thought until I actually gave it a go.

The HydraTint has a slightly more hydrating formula than the Lisa Eldridge below.

Focused on skincare, its ingredients include hyaluronic acid, peptides and cica, which will be good news for anyone with dry or sensitive skin.

The brand is clear in communicating that it gives "barely there" coverage. That still isn't quite enough for me every day, but paired with a bit of concealer, this made my skin look great.

luxury

Lisa Eldridge Seamless Skin Enhancing Tint, Space NK, £39 for 30ml: This is the product that forced me to re-evaluate my long-held belief that in order to feel comfortable wearing skin tint, you had to have a perfect complexion.

It has an almost ink-like consistency, which gives you time to blend it in, but then it sets.

Others I've tried before were problematic as they slipped all over my face and never fully blended out.

Once this sets, it clings to skin, leaving the most beautiful, real-skin finish. I guarantee people will ask what skincare product you're using.

pick of the week

I DON'T usually believe in wearing season's scents, but there's one fragrance I've not been able to put down all summer: Jo Malone London Sea Salt & Bergamot cologne.

It's bright and citrusy, with a cosy, comforting undertone that reminds me of summer holidays filled with lemon-top ice creams on the east coast.

If you need a pick-me-up, shop now at jomalone.co.uk. It's £88 for 50ml.

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Sex with another woman has left me doubting engagement
deardeidre PAGE 44

the Sunday
thesun.co.uk

Join the brunch bunch

BRUNCH is a great way to gather your friends and family together for a Sunday meal.

Today AMY SHEPPARD shares four beautiful brunch recipes.

They are from her new book, Speedy 10, serialised exclusively this month in The Sun on Sunday.

Amy says: "Brunch is one of my favourite meals – and these are all budget-friendly recipes that the whole family will love."

Sun ON SUNDAY FOOD

Cheese and ham puffs

AMY SAYS: "If you fancy a savoury pastry, but don't want to wait for the oven to heat up, you need to try these. Frying puff pastry makes it perfectly crispy and super-puffy! These are always a massive hit with the kids. Just serve them with salad and new potatoes or fries."

Serves 6

Prep: 10 mins
Cook: 15 mins

YOU NEED:

1 sheet of ready-rolled puff pastry
40g mature cheese spread
4 small slices of smoked baked ham, roughly torn into pieces
80g grated mozzarella
Ground black pepper
Olive oil, to fry
Sesame seeds

METHOD: Unroll the sheet of puff pastry and cut it into thirds width-ways, so you have three wide strips. Then cut each into two equal squares.

Put a thin layer of cheese spread on one triangular half of each square, leaving a 0.5cm gap around the edge.

Divide the ham on top of the cheese spread. Top with the mozzarella and season with black pepper.

Fold the other half of the pastry on top to form a triangle, and seal by crimping the edges with a fork.

Heat enough olive oil in a pan to cover the base. Over a medium heat fry them for a minute on each side until crisp and golden brown.

Drain on kitchen paper and top with sesame seeds. Serve hot or cold.

> "Frying puff pastry makes it perfectly crispy and super-puffy"

tips & swaps

MAKE sweet versions of these – fill them with chocolate spread or stewed apple and top them with cinnamon sugar. If you want to freeze these, do so uncooked and layer them with baking paper. They defrost quickly, so they're great as a quick lunch.

● Food ● Money ● Pets ● Motors ● Health ● Puzzles ● Deidre ● Travel

Creamy hot honey halloumi croissants

AMY SAYS: "This is the dreamiest of combos, the hot honey drizzle on the crunchy halloumi with the soft creamy cheese is just THE most moreish thing. You can use fresh breadcrumbs to coat the halloumi if you prefer, but I love the slightly sweet, nutty flavour from the cornflakes."

Serves 4
Prep: 8 mins
Cook: 15 mins
YOU NEED:
Handful of plain flour
1 large egg, beaten
100g cornflakes
2 × 225g blocks of halloumi, cut width-ways into 1cm slices
Oil, for frying
225g garlic and herb soft cheese (such as Boursin)
25ml milk
4 large croissants
130g honey
1 heaped teaspoon chilli flakes
1 teaspoon vinegar (I used vinegar from a jalapeno jar)
Salad leaves
METHOD: Preheat the oven to 200C fan.

Sprinkle the flour on a plate and put the beaten egg in a bowl. Crush the cornflakes and put on to a large plate. Take each halloumi slice and roll in flour, tap off excess. Dip it in the egg, then roll in the cornflakes.

Fry the halloumi in oil for 2 minutes on each side until crisp and golden brown. Meanwhile, mix the soft cheese and milk with a hand blender.

Bake the croissants for about 5 minutes.

Transfer the crisped halloumi to a plate. Add the honey, chilli and vinegar to the pan and gently heat until bubbling.

Pour half over the halloumi, turning the pieces until coated. Put the remaining honey in a bowl. Open up the croissants and spoon a layer of the creamy soft cheese inside.

Top with halloumi, drizzle in extra hot honey and finish with some salad leaves. Serve immediately.

tips & swaps

IF you don't fancy having this in a croissant, just pop it in a toastie, wrap or a flatbread, or simply serve the hot honey halloumi with chips and salad. Swap the halloumi for chicken pieces. Depending on size, the chicken may need a little longer, so make sure it's cooked through.

Photography by DAN JONES

with AMY SHEPPARD

Baked cheggy waffles

AMY SAYS: "My friend's son named my cheesy ham and egg toasts 'cheggy bread' – and the name stuck! This potato waffle version is topped with ham and a cheesy, eggy, mustardy mix. It's really a quick ham, egg and chips, and really shouldn't taste as good as it does!"

Serves 4
(Makes 6-8 waffles)
Prep: 5 mins
Cook: 20 mins
YOU NEED:
6-8 frozen potato waffles
150g grated cheddar cheese
2 eggs, beaten
½ teaspoon Dijon mustard
4-6 slices of baked ham, torn into 3-4 pieces
Ground black pepper
METHOD: Preheat the oven to 180C fan.

Put the waffles in the toaster and cook for about 5-7 minutes, or until they are starting to colour but are not cooked.

Meanwhile, mix the cheese, egg and Dijon. Season with pepper.

Place the toasted waffles on a baking tray. Cover each with a slice of ham, then spoon on the eggy cheese mixture.

Bake for 12 minutes, or until cooked through.

Serve with salad or steamed veg.

tips & swaps

TO make this vegetarian, simply leave out the ham or use vegetarian bacon. If you prefer, swap the waffles for hash browns or thickly sliced bread.

Cheesy chorizo rosti

AMY SAYS: "If you've never made potato rosti or only ever had it as a breakfast, you need to try this. It's really easy to make, it's great for using up the last of the potatoes, and if you switch Parmesan for Cheddar, it makes a really cheap dinner! We usually have this with baked beans, a fried egg and some veggies."

Serves 4
(Makes 8 rosti)
Prep: 10 mins
Cook: 10 mins
YOU NEED:
400g white potatoes (no need to peel)
100g chorizo ring, coarsely grated
1 tablespoon plain flour
1 egg, beaten
30g Parmesan
Oil, for frying
Salt and freshly ground black pepper
METHOD: Coarsely grate the potatoes, put them in a clean tea towel, twist and squeeze out the excess water.

Transfer to a bowl, add the chorizo, flour, egg and cheese. Season.

Heat a glug of oil in a large, non-stick frying pan until spitting hot.

Dollop 8 equal portions of rosti on to some baking paper and scoop into your hands, making 8 rostis, and fry for 2½ minutes on each side, pressing them down firmly and regularly with a spatula to crisp up the potato and ensure it is cooked through.

Drain on kitchen paper. Serve with a fried egg, baked beans and vegetables.

tips & swaps

SWAP the chorizo for small pieces of fried bacon.

Add a small, grated onion to the mix or chopped spinach.

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THE HIGH STREET HERO THAT'S HAVING A MOMENT
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Home hacks
Hottest fashions
Beauty trends
Plus Sunhealth every Tuesday

TALKTALK ON THE RISE

AROUND 120,000 TalkTalk customers are being transferred to a new supplier.

The households, who currently have broadband or broadband and phone deals with TalkTalk, will be moved to Rise Fibre in the coming months.

The switch will boost Rise Fibre's customer base to 250,000, while TalkTalk will have around 1.5million customers on its books.

TalkTalk and Rise Fibre have been contacting affected customers since August 3, and households don't need to take any action for now.

The transfer will happen automatically, and Rise Fibre says everyone moving across will have broadband support.

Customers will be able to keep using their existing wifi router, their broadband speeds should stay the same and there should be no downtime during switchover.

Anyone under contract with TalkTalk will remain on the same deal, and will still face early termination charges if they try to leave early.

Monthly prices will not change, with Rise Fibre confirming customers will be billed by them "in the near future".

Customers are being urged to keep paying their bills as normal and not cancel any direct debits, as these will transfer automatically.

Anyone who is out of contract with TalkTalk can leave penalty-free, and it may be worth shopping around to get a better deal.

JAMES FLANDERS

UK HOLIDAYS £100 TAX ROW

FAMILIES face paying an extra £100 to holiday in the UK as part of a government proposal to introduce a new tax.

Ministers have set out plans to allow mayors and other local leaders in England to bring in an "overnight visitor levy" from April next year.

Holidaymakers will not be billed directly by the local council. Instead, the tax will be collected by hotels, Airbnbs, B&Bs and holiday parks.

Similar levies already exist in a number of tourist hotspots around the world. But there are fears introducing one here could cause the loss of 33,000 jobs and see the price of holidaying in the UK rise sharply.

UK Hospitality, which represents the industry, has written to the Government to express concern about the plan.

The trade body has suggested an alternative "Holiday Bonus" scheme instead, which would reward local authorities with fixed revenue per visitor per night.

It claims the idea would incentivise tourism, support hospitality and drive economic growth across the country.

The Government set out its intention in the Rewiring the State policy paper, which aims to ensure every area in England has a strategic authority in place by 2028.

At the same time, ministers want to give all strategic authorities the power to introduce a holiday tax.

JAMES FLANDERS

Got money worries? We can help. Email us at money@the-sun.co.uk or write to Sun Money, News UK, 1 London Bridge Street, London SE1 9GF

Sun ON SUNDAY MONEY

Edited by FRAN IVENS with LUCY ANDREWS

By ADELE COOKE

NOT getting the grades for your first-choice university can feel like the end of the world.

But it could be a chance to find a new degree or apprenticeship that will lead to a high-paying job. You could even jump straight into the world of work.

So with A-level results just days away, it never hurts to have a plan B up your sleeve.

Here, we ask experts what you should do if you miss your grades – and see how much money you could still earn . . .

WHAT TO DO IF YOU DON'T GET DESIRED A-LEVEL GRADES

You don't need 'A's to earn £80k

Switch degree to boost opportunities – £70,000

CHANGING degrees to a similar subject can still help you get a top job, with a starting salary of up to £70,000.

For example, swapping from economics to business or finance could help you get a job as a graduate business development representative, according to jobs board Adzuna, with a starting salary of up to £65,000 a year.

With a business degree you could also become a graduate business adviser, with a salary of £52,000, helping companies to operate more efficiently.

You will need 96 UCAS points, equivalent to three C grades, to get on to a business or finance-related degree at Bedfordshire or London Metropolitan universities.

You can also switch from software engineering to computer science and still earn up to £70,000, Adzuna suggests.

A computer science degree can lead to a job as a .NET developer, a software programmer that builds web apps. You will earn up to £60,000. Three C grades could get you a place at Hull or Greater Manchester universities.

You can also stick with your original degree and look for a lower-ranked university. The course will be of a similar standard, just with different entry requirements.

Any degree with a 2:1 – £55,000

IN many cases, the exact degree course does not matter, lots of employers will still offer you a job as long as you have graduated with a 2:1.

Andrew Hunter, co-founder of Adzuna, said: "Across your studies you've been taught how to think critically, research independently, communicate complex ideas and solve problems under pressure.

"Those skills are exactly what employers need and look for."

A degree in a core subject including management, information technology or humanities can set you up for a promising career. For example, you could become a trainee recruitment consultant and earn up to £55,000 a year.

Bag a top-paying apprenticeship – £80,000

IF you have changed your mind about going to uni, you can try for an apprenticeship, which mixes on-the-job training with classroom teaching. You will get a professional qualification without the student debt.

One of the highest-paying apprenticeships is becoming a Merchant Navy deck officer, paying up to £80,000 with experience. You will need to complete a ship's master apprenticeship and could earn about £30,000 on completion.

Another option is to become a train driver, which could give you a salary of £28,000 when you finish, or £65,000 with experience.

WM Trains is currently recruiting trainee train drivers to start next year, paying £35,441 a year with free or discounted travel.

Katie Emerton, recruitment expert at CV-Library, said: "Look for opportunities to demonstrate your qualities when applying for a job or in interviews.

"If you've done volunteering, helped out in the family business, made some money washing cars – these all show a strong work ethic and willingness to get stuck in."

Visit gov.uk/apply-apprenticeship to find programmes near you.

Entry-level jobs – £32,200

ANOTHER option is to get stuck into the world of work with a role that has great career potential.

Big organisations including the civil service, Network Rail and the Royal Mail all offer jobs you can apply for straight after school.

A role as an administrative officer or executive officer with the civil service will pay up to £27,000. The civil service is currently hiring for an admin support officer in London paying up to £32,200.

Another option is to join the Royal Mail in an administrative role, where you will earn about £25,000, according to job site Indeed, with the chance to progress into analyst or business support manager roles.

IN ASSOCIATION WITH Tails.com

Paws & Claws

Ted's odd floor show

STAR of the WEEK

LOYAL Rosie proved a godsend as her owner recovered from major heart surgery.

Driving examiner Janet Head, 64, from Ryde, Isle of Wight, was full of praise for her German shepherd pet, who turns six next month.

Janet explains: "My partner Mark is a carpenter who was always fixing things. But after he needed a quadruple heart bypass three years ago he felt so weak.

"Rosie noticed right away. It was like her super dog powers switched on. Through his recovery, Rosie never left his side.

"She helped heal Mark with love and loyalty.

"He is now back going for long walks with Rosie, playing golf and he is back at work. She was amazing."

WIN

£100 Talking Pet bundle

HUNGER for Words communication buttons help you answer the question: "What is my dog trying to tell me?"

Now, you can win a Talking Pet Essential Words Set, Talking Pet Starter Set, Button Mat and Talking Pet Doorbell worth £101.80.

To enter, send an email headed TALKING DOG to sundaypets@the-sun.co.uk by August 23. For more info, visit bright kins.co.uk.

QUIRKY LICKING HABIT

Pet VET SEAN McCORMACK

HE is on a mission to help our pets . . . and is here to answer YOUR questions. Sean, who is the head vet at tailored pet food firm tails.com, has helped with owners' queries for ten years.

He says: "If your pet is acting funny or is under the weather, or you want to know about nutrition or exercise, just ask. I can help keep pets happy and healthy."

Send your questions for the Pet Vet to **vet@the-sun.co.uk**

MY labradoodle licks the floor while going round in circles.

Ted is five years old, has no cognitive issues but he's quirky. Why does he do that?

NICKY SMITH, Sevenoaks, Kent

■**Sean says:** Although labradoodles are famous for their quirky personalities, persistent floor licking isn't usually just a funny habit.

It can sometimes be linked to acid reflux, nausea or other digestive issues, while some dogs develop it as a compulsive behaviour if it becomes self-rewarding.

The circling may simply be part of Ted's little routine. Try keeping a diary to see whether it happens before meals, after eating or during periods of excitement.

If it's frequent or becoming more intense, I'd ask your vet to investigate. Dogs often show tummy troubles in surprisingly unusual ways.

If it's suspected to be behavioural, I'd wonder if Ted is bored or understimulated and perhaps this is a soothing habit.

A qualified animal behaviourist would definitely be of value if medical causes are ruled out.

PEANUT, my cat, will only eat fresh fish and treats.

I worry about her, as she just turns her nose up at cat food.

Do you have any advice to stop her being so picky?

SHARON FRENCH, Manchester

■**Sean says:** Peanut has trained you well, Sharon. Fish and treats are highly rewarding, so she's learned to reject anything less exciting.

And when she does, you cave. Unfortunately, fish alone isn't nutritionally balanced for cats long-term. Gradual transition is key: Mix tiny amounts of quality cat food into the fish and increase it slowly over time.

Warming food slightly can also help. Avoid constantly offering new alternatives, as that reinforces picky behaviour.

If she refuses absolutely everything else, a vet check is sensible to rule out dental or medical issues.

WHY does my hamster, Smarty, keep filling up his cheek pouches?

They get massive! Is this normal?

MAISIE JONES, Cardiff

■**Sean says:** Completely normal, yes. Hamsters are natural food hoarders and their cheek pouches are incredibly stretchy storage bags designed for transporting food back to their nest.

Smarty isn't overeating, he's preparing for the apocalypse in classic hamster fashion. Problems only arise if food gets stuck, there's swelling on one side or he struggles to empty them. Otherwise, it's just wonderfully typical hamster behaviour.

DESPITE brushing his teeth once a week and giving him daily dental sticks, my dog's breath smells.

Milo is a nine-year-old Chihuahua. His gums look OK but he has some yellowing of teeth. What would you suggest?

RITA THOMAS, Edinburgh

■**Sean says:** Bad breath is one of the biggest clues that something may be brewing in the mouth, particularly in small breeds like Chihuahuas, which are very prone to dental disease.

We've bred them to have quite an unusual head shape which has meant most Chihuahuas, and other toy breeds like Yorkies, for example, have overcrowded teeth.

Brushing once a week is certainly better than not at all, but daily brushing is the gold standard if Milo will tolerate it.

Yellowing teeth suggest tartar is present, and that often extends below the gumline where you can't easily see it, causing painful inflammation and tooth loss if left untreated.

At nine years old I'd recommend a dental examination with your vet.

BEAT HUNGER BLUES WITH FOOD DONATIONS

PETS at Home and national pet charity Blue Cross are launching a summer fundraising event to help stop pets going hungry as cost-of-living pressures affect homes across the UK.

Starting tomorrow until August 31, it will raise funds and collect donations for Blue Cross's pet food banks, which support owners struggling to cover costs for their dogs, cats and small animals. Blue Cross operates pet food banks at its sites in Sheffield, Exeter, Newport, Bicester and Manchester, and works with more than 500 food banks across the UK, in partnership with Pets at Home to help keep pets fed and families together.

Customers visiting any of Pets at Home's 450-plus stores will be able to purchase pet food parcels or make a monetary donation to support the initiative.

Chris Burghes, Chief Executive Officer at Blue Cross, said: "No one should have to choose between putting food on the table for their family and feeding the pet they love.

"Pets provide companionship and unconditional love, and are an important part of the family and, for some, their only family."

For more information on the initiative, visit bluecross.org.uk.

BANK ON IT . . . pups

Mystic Meg

with MAGGIE HYDE

ARIES March 21 – April 20

Nothing goes as planned this week, but if trouble emerges at work, don't be the first to jump in to save the day. Everyone will just have to cope. In your personal life, whether you have decided to go all in with a new partner, or a regular partner wants a different lifestyle, a big change is under way

TAURUS April 21 – May 21

Doing small, practical chores, especially with kids or outdoors, brings you pleasure, but your heroic streak also wants to put right a wrong. Venus is in fair-play Libra, so you can be part of a shake-up that ends an unfair situation. There's a sigh of relief when a powerful individual can't have everything their way.

GEMINI May 22 – June 21

A wing and a prayer get you by, but a project – perhaps about family – needs serious planning to do it justice. Listen to practical advice, especially about loans or legacies. Be smart and pull off something clever. You've set your sights on travel, but there are only day trips for now – the high life will come later.

CANCER June 22 – July 22

You're upbeat as cash flow increases, though lifestyle improvements can't happen overnight. A partner needs to be confident about plans first. Family will take you for granted, so get busy and have a go at something you've always wanted to try. A friend is happy to do something wicked with you!

LEO July 23 – August 23

Talkative Mercury will land in your sign, but remember to let others get a word in. It's great for your ability to connect with people, and life moves up a gear, with travel, new experiences and a feeling you're in charge. Sunny days and passionate nights boost your spirits and, although money isn't great, cash is coming.

VIRGO August 24 – September 22

Pressure lifts off a tough situation that has been going on for months, although someone is prickly about change. It's time to focus on yourself, so try something different, whether it's with colour, art or health and fitness, and push yourself the extra mile in a creative or sporting event to really reap the benefits.

LIBRA September 23 – October 23

You prefer things low key, but new responsibilities bring a change of image. Grin and bear it! You must do things your own way, but it's hard holding your ground if strong-minded individuals think they know best. Their idea for changes at home is makeshift at present, but help comes from unexpected places.

SCORPIO October 24 – November 22

Trying to hide something to avoid hurting someone's feelings won't work, so be upfront. This isn't a great time for growth, so don't expect too much to come from all your hard work – it will be a success when the time is right. Friends introduce you to someone who could kickstart something new for you.

SAGITTARIUS November 23 – December 21

So many good things are happening, life would feel amazing if it wasn't for a work situation that's bugging you. Make decisions that others have held back on, and don't be confused by a partner's mood swings. You're generous with time in supporting friends, but you must draw the line if they ask for cash.

CAPRICORN December 22 – January 20

Take things easy because the rest of the summer looks hectic! Dealing with unfinished business now will make you more organised later. A partner comes back, and you can enjoy real togetherness. Tone down your enthusiasm for a new challenge, though – financial security is a priority.

AQUARIUS January 21 –February 18

You can't do everything on your own, so connect with others to get a job done or to get an important opinion across. A mistake brings consequences, but apologise and move on. You could talk around a family issue that's been niggling you, but there's more to gain by being honest – loved ones will respect you more.

PISCES February 19 – March 20

One event after another does its best to sabotage a health regime you're trying to establish, but soldier on. Healthy eating and exercise make you feel virtuous, and get you into shape. Holiday fun is found near the sea. A partner feels insecure about sudden shifts, so bear that in mind or an idea will be resisted.

Phone Meg's psychics for a chat on **0905 005 8102**

Or to pay by credit/debit card call **08000 356 684** or mobile users call **020 7111 6406**

Text a psychic. Just text **MEG** then a space and your question to **60016**

Calls cost £1.50 per minute plus your telephone company's network access charge. You must have bill payer's permission. Calls recorded for your protection. Max call duration 19 mins for 0905 numbers. Over 18s only. These services are for entertainment only. SMS cost £1 per received message, max 3 messages per reply. UK only. To opt out of three promo messages call Helpline: 0330 114 0300. SP: Inveroak.com, PO Box 10015, CM1 9HH.

ask alfie

Used car specialist

Q&A

Send your questions to motors@the-sun.co.uk

Q WHAT is a 2006 BMW 520d SE, with 87,000 miles and a full history, worth these days?

ALICE WHITE

A That's a lovely old survivor, Alice, and the mileage is to be commended on an E60 of that vintage.

However, the SE specification – which some will actively seek out, as the smaller wheels and softer suspension made it ride better than a contemporary M Sport – will nevertheless keep the value down a little on the market.

I reckon in its current condition, your lovely old motor car is worth about £3,000 to £3,500.

Q HOW much should I try to sell my Vauxhall Insignia VXR for? It's a 2016 model and has only got 72,000 miles on the clock.

PAUL SOUZA

A That's an incredibly rare car these days, Paul, and you've got one of the last examples built. I reckon with that mileage on it, you could be looking at something approaching ten grand – maybe about £9,750 for a quick sale.

Q I HAVE got an Audi A6 Avant, 3.0-litre S line. it's a 2019 model and it hasn't covered many miles – with less than 30,000 on the dial.

Can you give me a rough idea on a trade-in value, if the car is in mint condition?

TERESA ALLAN

A If it's a 50 TDI diesel, it could be worth about £23,000-£24,000 in that condition, while the 55 TFSI petrol might be pushing nearer 30 bags.

I'd therefore be looking at a part-ex in the high teens for the diesel, so something like £18,000 or £19,000 minimum, and probably £24,000 for the petrol V6.

READER'S CAR OF THE WEEK

HAVE a goosey at this beauty, belonging to Tony Crouch from Essex.

He tells me: "This is my 1995 Bentley Brooklands, in immaculate condition and my pride and joy.

"I have owned it for more than 25 years, and many people stop to have a close look – it turns people's heads when I am driving around the Essex area.

"So far, it has only done 59,000 miles in total."

●Send pictures of your beloved motor, with details, to motors@the-sun.co.uk.

THREE . . . SPORTY TYPES UNDER £20k

2019 (19) Kia Stinger 2.0 T-GDi GT-Line S Auto 5dr, 49k, £19,480, 365 Motors Ltd, Chorley, Lancs (365motors.co.uk)
The Korean BMW-challenger was a great car, but while everyone wants the 3.3-litre V6, this 2.0-litre turbo still has 245hp and really looks the part.

2017 (67) Alfa Romeo Giulia Veloce 2.0T Auto 4dr, 41k, £19,500, North Loop Autohaus, Droitwich, (northloopautohaus.co.uk)
You're not a true petrolhead until you've owned an Alfa, and this is one of the best. Like the Kia, there's a V6 Giulia above the Veloce, which is more sought-after.

2018 (18) Lexus RC 300h F-Sport 2.5 CVT 2dr, 61k, £19,695, (motorvillage-bristol.com)
Rarely has driving a sports coupe been so guilt-free and reliable – the 223hp RC 300h is a hybrid, and it's a Lexus, so it'll never go wrong and it looks ace in searing orange.

HOME CHARGE CAN FUEL TRIPS

HOW far will your car go for a fiver?

The answer is about 47 miles if you run a petrol-powered Citroen C3.

Or 200 miles if you own an electric Renault 5 charged overnight using a smart energy tariff.

In a test conducted by Andersen EV chargers, the two cars set off from Lincoln heading for Exeter. The C3 conked out before Leicester, whereas the R5 made it all the way.

Obviously, silly fuel prices don't help — 160p a litre is the highest since November 2022.

But that's also a reason why more families are switching to EVs. Renault sold more electric cars than petrol ones last month.

David Martell, boss of Andersen EV, said: "For drivers who can charge at home and take advantage of cheaper overnight electricity, going electric can replace anxiety about rising petrol prices with lower and more predictable everyday running costs."

EV DUEL . . . between Renault and Citroen C3

●CARFEST will move to its new home at Silverstone on August 28-30.

It's a top weekend for all the family, supporting UK children's charities. Go to carfest.org for tickets.

DON'T MISS motors EVERY THURSDAY

TRIED & TESTED with JANE ATKINSON

SOME granola, energy or protein bars aren't as good for you as they sound as they're full of additives, sugar or fat.

But as they're a handy snack to have on standby to stop you reaching for unhealthy options, finding the right one for your health aims can be useful.

Today, I've looked at some new products on the market to see what they really contain . . .

GUT BAR

ZOE's Gut Health Bar contains ten plant ingredients, including almonds, cashews, edamame, red lentils, flaxseeds, pumpkin seeds, seaweed and kombucha.

It comes in two flavours – dark chocolate and sea salt and raspberry and goji berry. The sea salt is my favourite as it has a sweetness, bitterness and saltiness, a great nutty flavour and a chew that makes it so satisfying, helping keep you fuller for longer.

With 196 calories, it contains 8g of fibre, 7g of protein and less than 5g of sugar per bar.

From £2.67 per 38g bar. zoe.com.

+ FITNESS
+ FAMILY HEALTH
+ DIET & NUTRITION
+ SLEEP & WELLBEING
+ MENTAL HEALTH

Sun ON SUNDAY

PETER WARNS OTHERS

Spider bite almost killed me... don't let it happen to you

By LUCY GORNALL

YOU may think dangerous critters are reserved for Down Under.

But bites can be just as nasty here in the UK – and there are plenty of creepy crawlies ready to give them.

Most are harmless and clear up on their own.

And thankfully, no UK bugs carry high-risk venom.

But they can still prove very serious if infection takes hold, as Peter Murphy discovered

When he moved a "strange" spider from his bed, carefully picking it up and placing it outside, he didn't think much of it.

It had a "see-through skeletal body with red eyes", he said, though he never discovered the species.

The next day, Peter, 61, felt "niggly pain" and had redness on his right forehand, which led to swelling.

When his speech slurred three days later, after spending the whole weekend sleeping, his wife, Toni, 62, took him to A&E.

"Monday morning, I got up for work but was unable to put two words together," the quality surveyor, from Mansfield, Notts, told Sun Health.

"I felt like the life had been drained out of me."

In the UK, spiders do not carry venom. However, any puncture wound in the skin can, in rare cases, allow for bacteria to enter the body.

Doctors diagnosed Peter with necrotising fasciitis, also known as flesh-eating disease.

It occurs when bacteria enters the body and then releases toxins in the deepest layers of the skin, cutting off blood supply to tissues.

Peter says: "They needed to contain and get the infection under control very quickly or it would rapidly move to other parts of my body.

"The doctors seemed very worried. I could sense it was life-threatening, but I felt helpless."

The last thing he heard was doctors advising Toni that if the infection continued to travel up his arm, they would need to amputate.

"At this point, my life was flashing before my eyes," says Peter. "I turned to Toni, managed a smile and said, 'I don't think I'm going to make it through this. This could be goodbye'.

"The shock of it all was overwhelming."

It was October 2022 and Peter was placed in a coma for four days while doctors operated, making incisions from his fingertips to his shoulder and flushing out the virus. He woke up to an open wound across his hand, which needed a skin graft from his thigh.

Months of physiotherapy slowly helped Peter regain movement in his hand, learning to use cutlery and button-up shirts all over again.

Peter, who also fought sepsis, says: "Today, all my symptoms have disappeared and I've fully recovered.

"Reflecting on what happened puts me through every emotion.

"From thinking that I might not see my family again, or my [seven] little grandchildren grow up, to

SUPPORT . . . Peter and wife Toni, who rushed him to A&E

See Tuesday's Sun for THREE PAGES of health

PROTEIN

GRENADE is well known for its protein-packed bars. Now, it's just launched the new "Soft Core" range with, as the name suggests, soft centres.

There are three flavours – double chocolate, chocolate peanut butter and golden caramel, which is the one that I tried.

It has a caramel flavour, with caramel dough and dipped in white chocolate. It was indulgent and didn't have that taste of a protein bar or the texture. It was soft and gooey, like a real chocolate bar. It does have 15g of protein, less than 2g of sugar and 189 calories per bar.

This isn't for vegetarians as it contains whey protein and bovine collagen. They contain some sweetener and rapeseed oil, too.

From £1.82 for a 50g bar. grenade.com.

FIBRE AND PROTEIN

DR Megan Rossi, aka The Gut Health Doctor, has created cereals, granolas and bars that focus on gut health.

Now, she's brought out these Fibre+Protein bars. When increasing protein, people should also up their fibre intake to avoid having too many toxins in their digestive system – which can place extra demands on the gut.

These were developed to marry both protein and fibre in one bar. I tried blueberry, with 9g of protein, 8g of fibre, 6g of sugar, 145 calories and ten diverse plant-based ingredients per bar. Vegan friendly and gluten free with no palm oil, artificial ingredients or sweeteners, it was tasty without feeling overly heavy.

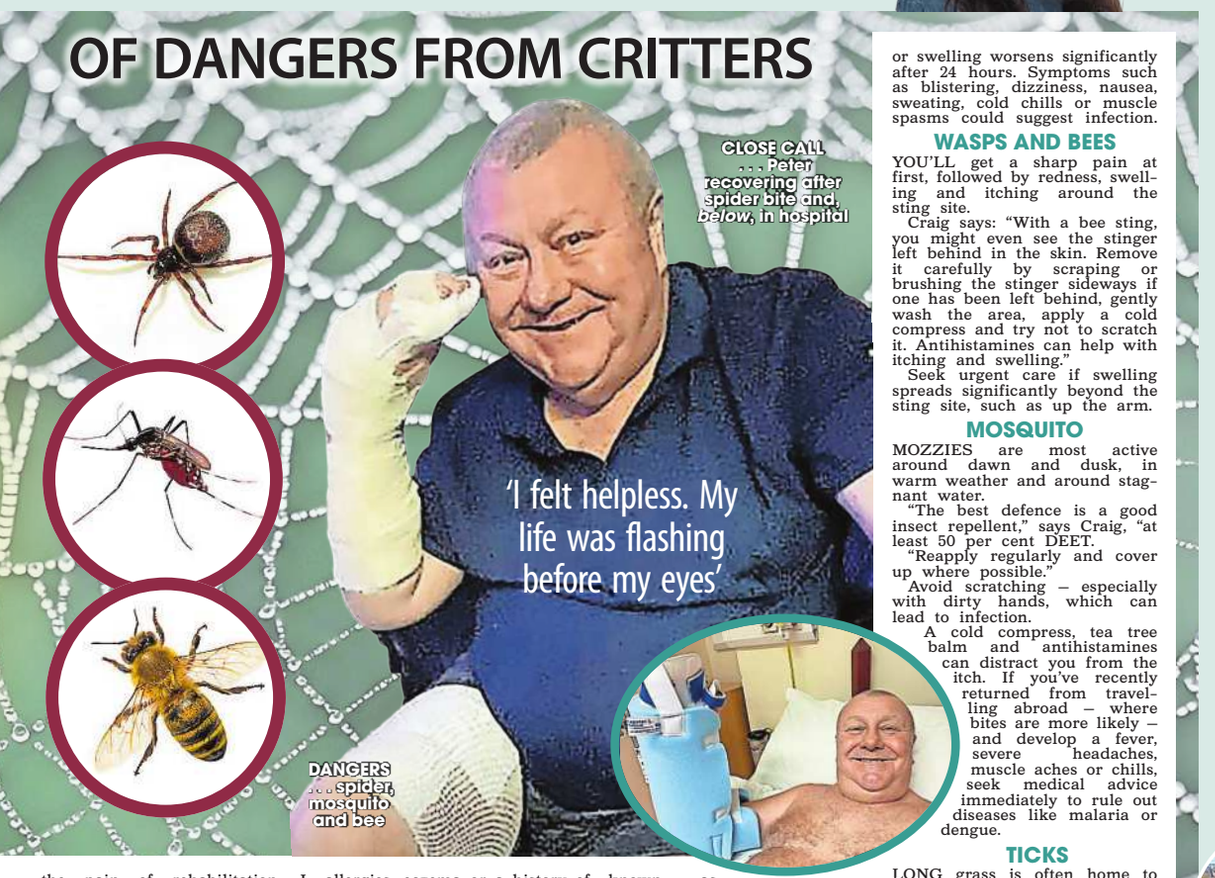
Great as an afternoon snack or quick breakfast.

£1.11 for a 40g bar. bioandme.co.uk.

HEALTH+

Edited by LIZZIE PARRY

OF DANGERS FROM CRITTERS



CLOSE CALL . . . Peter recovering after spider bite and, *below*, in hospital

DANGERS . . . spider, mosquito and bee

the pain of rehabilitation. I guess I'm one of the lucky ones, even though it didn't seem like that at the time."

Following the near-death experience, Peter realised he needed to get fitter and, as part of his rehab, he and Toni joined Slimming World, losing over ten stone combined.

They are now supporting Slimming World's charity, SMILES, raising £500 towards various causes, including Cancer Research UK, the Irish Cancer Society and Alzheimer's Research UK.

Peter says: "We said goodbye to our worries about dying and said hello to living."

Craig Watt, Superdrug's Pharmacy Director, said: "A lot of how you react to a bite or sting comes down to how your immune system responds.

"Children often react more noticeably, and people who have allergies, eczema or a history of stronger reactions."

From, spiders, wasps and bees to mosquitos and ticks, here's how to deal with each – and signs to act fast.

SPIDERS

A COUPLE of native spiders can leave a noticeable bite – noble false widow spiders, mostly in southern England, and cupboard spiders, also known as the brown house spider.

But it's rare, and usually when a spider is in defence mode.

"Spider bites often appear as puncture marks, also accompanied by redness, swelling and pain," says Craig.

Clean and cool the area and try antihistamines if the bite is itchy.

Contact a doctor if the pain or swelling worsens significantly after 24 hours. Symptoms such as blistering, dizziness, nausea, sweating, cold chills or muscle spasms could suggest infection.

WASPS AND BEES

YOU'LL get a sharp pain at first, followed by redness, swelling and itching around the sting site.

Craig says: "With a bee sting, you might even see the stinger left behind in the skin. Remove it carefully by scraping or brushing the stinger sideways if one has been left behind, gently wash the area, apply a cold compress and try not to scratch it. Antihistamines can help with itching and swelling."

Seek urgent care if swelling spreads significantly beyond the sting site, such as up the arm.

MOSQUITO

MOZZIES are most active around dawn and dusk, in warm weather and around stagnant water.

"The best defence is a good insect repellent," says Craig, "at least 50 per cent DEET.

"Reapply regularly and cover up where possible."

Avoid scratching – especially with dirty hands, which can lead to infection.

A cold compress, tea tree balm and antihistamines can distract you from the itch. If you've recently returned from travelling abroad – where bites are more likely – and develop a fever, severe headaches, muscle aches or chills, seek medical advice immediately to rule out diseases like malaria or dengue.

TICKS

LONG grass is often home to these tiny, blood-sucking bugs.

"Many people only realise they've been bitten when they spot the tick attached to their skin after a walk," says Craig.

The tick needs to be removed carefully using a tick removal tool, not tweezers.

Ticks can transmit Lyme disease, which affects up to 4,000 people each year in England and Wales.

Visit your GP if you notice an expanding "bullseye" rash (a red ring around a lighter patch of skin) up to a month after a bite, or flu-like symptoms, such as fever, body aches and fatigue.

If Lyme disease is left untreated (with antibiotics), it can cause severe, lifelong health problems.

Wear long trousers when walking in rural areas and check skin when you return home.

WARNING SIGNS

CALL 999 IF YOU HAVE:

- Breathing difficulties/pale lips
- Swelling in the throat, mouth, tongue or lips
- Chest pain, severe stomach cramps or muscle spasms
- Feel confused, drowsy or faint

SEE A PHARMACIST IF YOU HAVE:

- Pain or redness worsens/spreads
- Area feels hot to the touch
- Bite ooze pus (chemists can prescribe antibiotics)

ASK Dr Zoe

Expert advice from Dr Zoe Williams, our resident specialist and NHS GP

Q I HAVE a strong memory of walking over the Clifton suspension bridge in Bristol when I was very young. As I have got older, my fear of heights has increased to the point where I cannot walk or drive my car over a bridge, or drive along a road that drops away sharply.

Years ago, my GP suggested I see a psychologist, but that didn't help. The psychologist said that because I had no other issues, he couldn't really do anything for me.

I am now in my seventies and the problem is having a real impact on my life. I would do anything to be cured of it.

A This sounds like a very specific phobia and it can absolutely worsen with age, especially if you start avoiding the situations that trigger it.

The problem is not your general coping ability – it is your brain's threat response being triggered by heights, bridges or exposed roads.

The most evidence-based treatment is usually cognitive behavioural therapy with graded exposure. This means gradually and safely retraining your brain to tolerate the feared situation, rather than avoiding it completely.

Please go back to your GP and explain how much this now limits your ability to drive, therefore your life. You may be able to self-refer for NHS talking therapies, or seek a CBT therapist privately.

TIP: Are you struggling to keep kids eating healthily over the holidays? Treats like ice cream are to be expected, but the best way to prevent all-day grazing is to stick to your breakfast routine. Offering rotating options like eggs, oats and yoghurt will keep them interested.

EMAIL Dr ZOE health@thesun.co.uk

the Sunday

Your fantastic three-page

double Sun DOKU

TODAY'S TEASER

Call 0905 757 0156 for clues or solutions. Cost £1 per minute plus network access charge.

	3				9	4		5
			1	5				
		5	3		4			6
		2				9	6	4
5		1				8		3
4	9	3				2		
7			4		5	3		
				9	3			
3		4	8				9	

TODAY'S TOUGHIE

Call 0905 757 0152 for clues or solutions. Cost £1 per minute plus network access charge.

3	2	1	7					
			8	2	6			
	5	8					7	2
				9	7		3	
1		3				4		9
	8		2	3				
7	1					5	4	
			5	7	3			
					2	7	9	8

Calls cost £1 per minute from BT landlines plus network extras

YESTERDAY'S SOLUTIONS

Teaser

7	4	2	6	5	3	1	9	8
1	3	5	8	4	9	2	7	6
8	6	9	2	1	7	4	5	3
9	5	4	1	3	8	7	6	2
2	8	3	7	6	4	5	1	9
6	7	1	5	9	2	8	3	4
5	2	6	3	8	1	9	4	7
4	1	7	9	2	6	3	8	5
3	9	8	4	7	5	6	2	1

Toughie

1	5	2	8	7	9	4	3	6
6	8	4	5	2	3	1	7	9
3	7	9	4	1	6	8	5	2
7	9	8	2	3	5	6	4	1
4	2	1	6	8	7	3	9	5
5	3	6	1	9	4	2	8	7
8	6	3	7	5	2	9	1	4
9	4	5	3	6	1	7	2	8
2	1	7	9	4	8	5	6	3

MINDBENDER

Bonsai, census, consul, ransom, sensor, tinsel

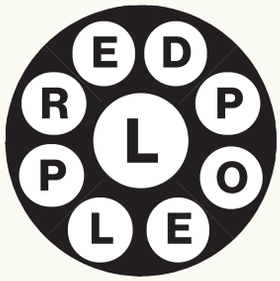
BRAINBOX

February, Monaco, rescue; March, Rio, heist; April, Tokyo, sabotage; May, Cairo, reconnaissance.

HAPPY BIRTHDAY TO...

ENGLAND and Tottenham Hotspur footballer **DJED SPENCE**, **26**, *pictured*, movie stars **GILLIAN ANDERSON**, **58**, **MELANIE GRIFFITHS**, **69**, **ERIC BANA**, **58**, Pitch Perfect's **ANNA KENDRICK**, **41**, Schitt's Creek's **DAN LEVY**, **43**, and Landman's **SAM ELLIOTT**, **82**, former England and Fulham manager **ROY HODGSON**, **79**.

SUNDIAL



SEE how many words of four or more letters you can "dial" using the one at the centre in each word.

You can make at least one word using all of them. Don't use the letters more than once in any word.

No proper names or plurals ending in 's'. Words from Collins Concise Dictionary.

BRILLIANT: 34. EXCELLENT: 29. GOOD: 21. GREAT SCORE FOR KIDS: 16.

YESTERDAY: Alive, arrive, aver, avert, elver, ever, evert, evil, leave, leaver, lever, live, liver, rave, ravel, raver, reave, relative, relive, reveal, revel, revert, revile, rival, rive, river, rivet, riveter, travel, vail, vair, vale, valet, varlet, veal, veer, veil, vela, velar, veleta, vert, vial, vier, vile, viler, viral, vital, RETRIEVAL.

Check today's answers by calling 0905 757 0155 before midnight. Calls cost £1 per minute plus your telephone company's network access charge.

Calls for extra clues and answers last no longer than two minutes (Sundial answers may vary). Helpline: 0333 202 3390 (9am-5.30pm). Service provider: Spoke, W1T 4HD

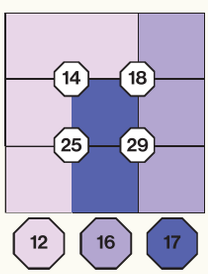
SET SQUARE

Place each of the digits 1 to 9 in the grid to make the sums work. We've started you off with two numbers. Solve the calculations in order, left to right, or top to bottom.

	−		×		= 18
+		×		×	
	−	1	+		= 7
+		×		+	
7	−		×		= 24
=		=		=	
18		12		26	

Sun SAKURO 1

Enter the numbers 1 to 9 in the spaces so that the number in each octagon is equal to the sum of its four surrounding squares. Each coloured area should add up to the colour totals below.



Sunday quizword

ACROSS

1 Thing partly good and partly bad (7,3)
6 Group of islands that includes Bryher and Tresco (8)
12 Bagless vacuum-cleaner brand (5)
13 Baltic country north of Latvia (7)
14 Surname of Leopold and Molly in Joyce's Ulysses (5)
15 French resort near the Spanish border (8)
16 Actress in The First Wives Club (6,4)
18 County town of Kerry (6)
20 One of the cardinal virtues, along with prudence, justice and temperance (7)
22 Tribe of Israel (4)
25 Biblical high priest (3)
26 Location of the hippocampus (5)
27 Greek youth who fell in love with his own reflection (9)
29 Base number of the binary system (3)
30 Producer of L'Air du Temps perfume (4,5)
31 Father of Jeff and Beau Bridges (5)
32 Nickname of Arthur Radley in To Kill A Mockingbird (3)
34 Hertfordshire town (4)
36 19th-century Dutch painter (3,4)
37 1960s Ford saloon (6)
40 Ceremony of entering the priesthood (10)
42 Popular Greek dish made of lamb and aubergines (8)
45 Dallas family name (5)
46 William Tell composer (7)
47 Brother of TV's Frasier, played by David Hyde Pierce (5)
49 Octopus' arm (8)
50 Mexican actress who starred in the 2002 film Frida (5,5)

DOWN

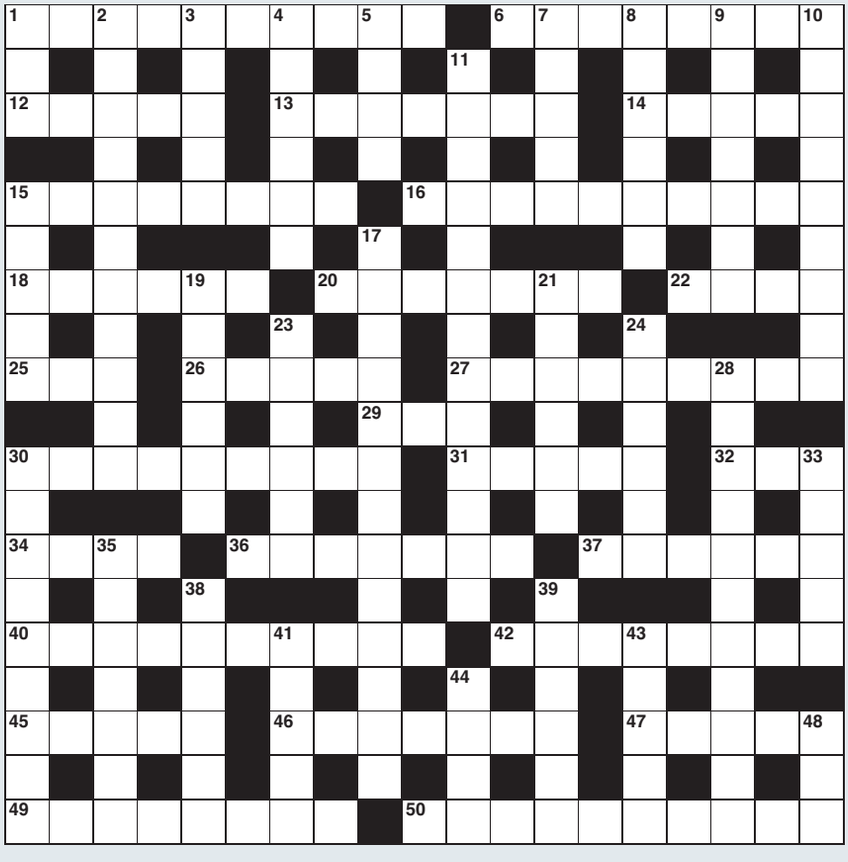
1 Branch of police (inits)(3)
2 Relating to a Jamaican religious movement (11)
3 Singer such as Andrea Bocelli (5)
4 1972 Michael Caine film (6)
5 Style of rock music derived from punk (4)
7 Small Somerset town (5)
8 Ed Davey's political party (3,3)
9 Archaeological epoch that preceded Roman Britain (4,3)
10 Study of the meanings of words (9)
11 Study of glands and hormones (13)
15 Name that links actresses Davis and Midler (5)
17 Whereabouts of the king in the nursery rhyme Sing A Song Of Sixpence (8,5)
19 Surname of Stefan, Swedish tennis player who won Wimbledon in 1988 (6)
21 Fabled female with serpents for hair (6)
23 Surname shared by actor Andy and golfer Sergio (6)
24 19th-century cricketer who founded an almanac (6)
28 Basil's TV wife (5,6)
30 Hampshire national park (3,6)
33 One of the D-Day landing beaches (5)
35 Common British pub name (3,4)
38 German WWII code (6)
39 Chemical element represented by the symbol Na (6)
41 Mountainous Austrian state (5)
43 Pakistani province whose capital is Karachi (5)
44 World soccer organisation (inits)(4)
48 Surname of Josef, Czech composer 1874-1935 (3)

YESTERDAY'S SOLUTION

ACROSS: 1 Old Fashioned, 8 Cuba, 12 Arctic Ocean, 13 Daltrey, 14 Durban, 15 Pieta, 16 Grilse, 20 Evergreen, 22 Fricassee, 23 O Briain, 25 Evita, 26 Luis, 29 Sten, 30 Nolan, 31 Beguine, 35 Rowan tree, 36 Leicester, 38 Jersey, 39 Bravo, 40 Fettes, 44 Vanuatu, 46 Don Giovanni, 47 Edam, 48 Spencer Tracy.
DOWN: 2 Le Carre, 3 Frida, 4 Stow, 5 Iberians, 6 Nine To Five, 7 Dido, 8 Celeriac, 9 Bar, 10 Gardner, 11 Pyrenees, 17 Lisburn, 18 Demi Moore, 19 Little Mix, 21 Gail, 24 Boer War, 27 Wadebridge, 28 Yule, 29 Sarajevo, 32 Underarm, 33 Slavonic, 34 Prussia, 37 Titanic, 41 Elver, 42 Murs, 43 Dior, 45 Ned.

Check today's answers before midnight by calling 0905 757 0157 for Across and 0905 757 0160 for Down. Calls cost £1 per minute plus your telephone company's network access charge.

Purchase the latest Sun Puzzle Books, including crosswords, wordsearches & sudoku, for as little as £4.99 from the HarperCollins website harpercollins.co.uk or phone 0141 306 3100.



bumper puzzle section starts here

More puzzles than any other paper

CLUE SQUARE

Using the nine letters provided, can you answer these clues? Every answer must include the highlighted central letter. Which word or phrase uses all nine letters? There may be more than one.

5 letters
Cynthia ___, Wicked star
Impaled (by a bull)
Knave
Recording device
Went by car

6 letters
Be in power
Earth, soil
Retailer
Smoothed out the creases
Verve, energy

7 letters
Eating away

E	I	G
N	O	U
V	R	D

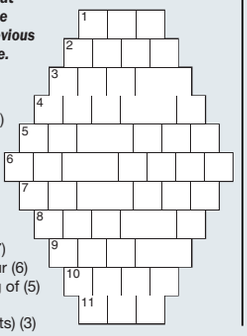
Paid no attention to Sustain

8 letters
Wood pigeon (two words)

BRICKWORK

Answer each clue so that every entry contains the same letters as the previous entry, plus or minus one.

1 Underwent (an examination) (3)
2 Consumes food (4)
3 Nation (5)
4 Milky coffees (6)
5 Alarm (7)
6 Mark with wet blobs (8)
7 Sticky wound-dressing (7)
8 Delicate soft colour (6)
9 Makes a recording of (5)
10 Tame animals (4)
11 Psychic power (inits) (3)



PATHFINDER

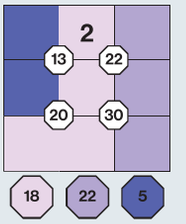
Beginning with the highlighted letter, follow a continuous path through the grid to find the listed words that can go before or after 'bell'. The path passes through each and every letter once, and may twist up, down or sideways, but never diagonally.

U	R	C	H	T	O	W	E	R
H	O	I	S	I	V	I	D	R
C	N	M	P	U	L	L	S	I
L	A	R	I	J	O	D	S	N
A	E	T	N	R	O	R	E	G
T	N	L	G	L	L	P	P	E
Y	C	E	O	O	I	B	O	R
C	I	B	H	C	S	E	H	S
L	E	P	U	S	H	R	T	Y

ALARM
BICYCLE
CHURCH
DIVISION
DOOR
JINGLE
LIBERTY
PRESS
PULL
PUSH
RINGER
SCHOOL
SHOP
TENT
TOWER

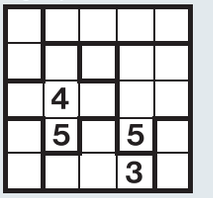
Sun SAKURO 2

Enter the numbers 1 to 9 in the spaces so that the number in each octagon is equal to the sum of its four surrounding squares. Each coloured area should add up to the colour totals below.



SUGURU®

Each cell in an outlined block must contain a digit: a two-cell block contains the digits 1 and 2, a three-cell block contains the digits 1, 2 and 3, and so on. The same digit must not appear in neighbouring cells, not even diagonally.



THE NAME GAME

EACH clue leads to a well-known name. Put the initials or stated letters in the appropriate squares to identify a rugby player:

1	2	3	4	5	6	7	8	9	10

9 & 6	He managed the England football team from 1990 until 1993, and "did he not like that"
10 & 2	Lead singer and guitarist of Squeeze
3 & 4	Mr Fellowes, creator of Downton Abbey (second and fifth letters of name)
5 & 7	Former Labour MP who failed to appear on Have I Got News For You so often that they replaced him with a tub of lard
8 & 1	Ms Matafeo, New Zealand-born comedian who wrote and starred in the series Starstruck (second & third letters of name)

● **Yesterday: Comedian NICK HELM (Dustin (Hoffman), Missy Elliott, Leonard Cohen, Kate (Mara), Hayley (Westenra)). Another Name Game in The Sun tomorrow.**

■ **If you can't wait until tomorrow for the answers, just call 0901 293 6298. Calls cost £1 plus your telephone company's network access charge.**

MINIDOKU

As normal sudoku, using digits from 1 to 4.

3			1
	1	4	
	3	1	
1			4

	4	1	
1			
2			3
		2	

PUB QUIZ

1 Movies
The phrase "Well, nobody's perfect" is the closing line of which 1959 comedy?

2 Music
In December 2012, the video of which song became the first to reach a billion views on YouTube?

3 TV & Radio
Which long-running radio panel game includes the round "One Song to the Tune of Another"?

4 Leisure
The sporting trophy known as the Claret Jug is awarded in which sport?

5 Geography
Which South American capital stands on the southwestern shore of the Río de la Plata?

6 Science
Which physicist discovered the neutron in 1932?

7 Art & Literature
Which novelist created the spy George Smiley?

8 People
The phrase "I have nothing to offer but blood, toil, tears and sweat" is associated with which leader?

9 Words
What is quiddity?
[a] The essential nature of something
[b] A legal dispute
[c] A short journey on foot

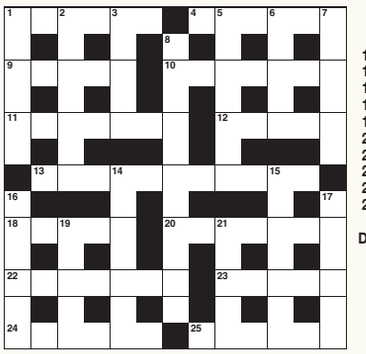
10 The British Isles
Which Welsh fortress-palace stands on the banks of the River Seiont?

11 Food & Drink
Armagnac is a variety of which alcoholic drink?

12 Pot Luck
Which religious movement was founded by Charles Taze Russell in the 1870s?

TWO-SPEED CROSSWORD

Two sets of clues but the answers are the same



Check today's answers before midnight by calling 0905 757 0150 for Across and 0905 757 0151 for Down. Calls cost £1 per minute plus your telephone company's network access charge.

Coffee time

ACROSS
1 Receptacle for light bulb (6)
4 Illegible writing (6)
9 Strongly urge (5)
10 Encroachments (7)
11 Sincere (7)
12 Suffuse (5)
13 Worker in jail (6,5)
18 Plenty of (5)
20 Insignia of royalty (7)
22 Wash hair (7)
23 The Ram (5)
24 Made up of various elements (6)
25 Make a summoning sign to (6)

DOWN
1 Member of the Royal Engineers (6)
2 Relatively obvious (7)
3 Come after (5)
5 Reindeer (7)
6 Distinct (5)
7 Attempt to hear something (6)
8 Space for gathering at home (7,4)
14 Spire (7)
15 Cavort (7)
16 Price of freedom (6)
17 Plum-like fruit (6)
19 Snooker shot involving more than two balls (5)
21 Burial place (5)

Cryptic clues

ACROSS
1 Plug colleague's feat regularly after strike (6)
4 Scribble in green in small chapel on vacation (6)
9 President beginning to suppress journalists collectively (5)
10 On raids, somehow try to make these (7)
11 Serious eastern dances (7)
12 Wash and scrub at her houses (5)
13 Criminal air-drops gun for warder (6,5)
18 Wide specimen that son leaves (5)
20 Royal privileges in Algeria different (7)
22 Imposter with mostly low-quality cosmetic product (7)
23 Raise dancing stars (5)
24 Multicoloured tie initially worn by spy at end of day (6)
25 Indicate stream working (6)

DOWN
1 Private papers damaged (6)
2 More straightforward nurse, perhaps, welcoming the French (7)
3 Follow men losing millions to make legal claim (5)
5 Vehicle I purchased, 50% off, for large animals (7)
6 Trick American returning separately (5)
7 Follow advice and tip when half-cut (6)
8 Model with money to smarten reception area (7,4)
14 Quietly drilling into metal structure, at last, in part of church (7)
15 Trouble arising in boulder caper (7)
16 Redemption from wild Romans (6)
17 Checks on fruit (6)
19 Organise time in factory (5)
21 Solemn German party (5)

YESTERDAY'S SOLUTION

ACROSS: 1 Test, 3 Badm-o-uth, 9 As-under, 10 Pod-ge, 11 Pla-i-n, 12 Sierra, 14 S-p-ouse, 16 F-ur-ore, 19 O-flat-e, 21 Bid-et, 24 (But)chest, 25 Venison, 26 Natur-is-t, 27 Co-i-l.
DOWN: 1 Trap-p-is-t, 2 Sauna, 4 Arrest, 5 Ma-p-le, 6 Und-'er-go 7 Heel (heal), 8 Ado-nis, 13 Sent-in-el, 15 Of-f-beat, 17 Ur-ban-e, 18 Leaves, 20 Alter (altar), 22 Disc-o, 23 I-con.

ARROWORD

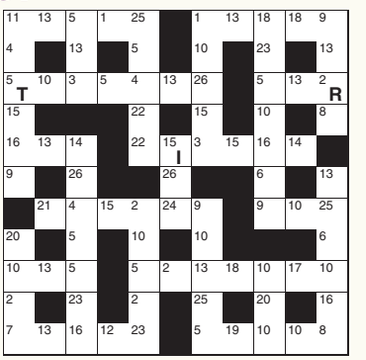
The arrows show the direction in which the answer to each clue should be placed.

Fairly hungry		Frontier, limit		Married woman's title		Largest continent		Reasoning		Twosome	Refined		I agree
						Heavy starchy grub							Stellar
Auto-biographical account		Central		Pop concert		Loud sound		Estimate					
Male monarch					State, country							Nobleman	
Dark purplish blue							Delivery vehicle	Antique		Hot brew			
Drawback					__ Graham, English comedian				Care for, bring up				
				Sacred hymn or song						Be wrong			
US singer/ actress	Bread grain				Last part				__ McCoist, football pundit				

WORD WORKOUT

THIS is the world's best brain-teaser, The Sun's clueless crossword. Here is how to play: Each grid number in our Word Workout game represents a letter. So if you think 4 is the letter E, write E in all the squares with a 4. All the alphabet is used and we have supplied some letters to start you off. We will print the answers tomorrow.

YESTERDAY'S SOLUTION
ACROSS: Vocalist, Axis, Rainfall, Knew, Typed, Pea, Vet, Baggy, Clef, Arguably, Quit, Ejection.
DOWN: Oval, Annoy, Image, Talk, Size, Navy, With, Epic, Tale, Pub, Dug, Angle, Graft, Lout, Fate, Also.



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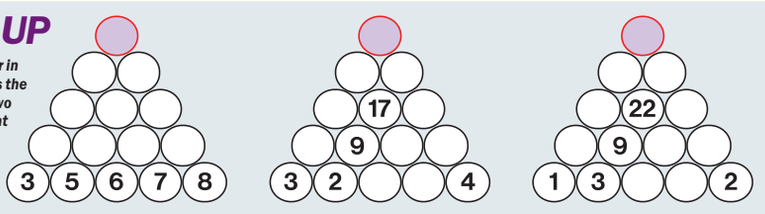
Calls cost £1 plus network access charge
or text SUNWORD to 64343
Texts cost £1 plus your standard network rate
For clues from the last 7 days CALL 0905 624 0010 Cost £1 per min plus network charge

ADD UP

If the number in each circle is the sum of the two below it, what is the top number?



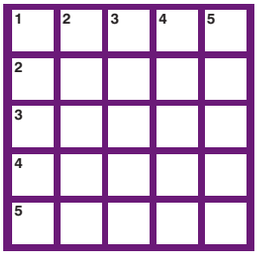
the Sunday

More puzzles than any other paper

WORD SQUARE

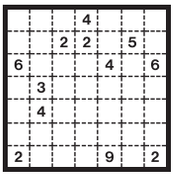
ACROSS
1 En ___, all at once
2 Adapt
3 Incline
4 Gin mixer
5 Perspire

DOWN
1 Poles on a ship
2 Admit
3 Pebble
4 Brownish tone of old photographs
5 Build



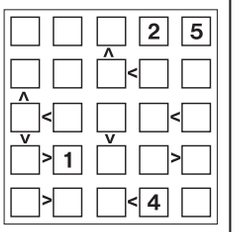
CELL BLOCKS

Divide the grid into blocks that are either square or rectangular. Each block must frame a single number, and each block must contain the same amount of cells as the number it frames.



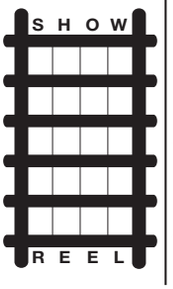
FUTOSHIKI

Use the greater than (>) and less than (<) signs to fill in the squares with the numbers 1-5. The same number cannot occur more than once in any row or column.



WORD LADDER

Change one letter at a time (but not the horizontal position of any letter) to make a new word – and move from the word at the top of the ladder to the word at the bottom using the exact number of rungs provided.



SPOT THE SAYING

Which two well-known sayings or expressions can be found below?

1

2 compe144tence

WORDSEARCH

The listed summer drinks can all be found in the grid. Words may run either forwards or backwards, in a horizontal, vertical or diagonal direction, but always in a straight, unbroken line.

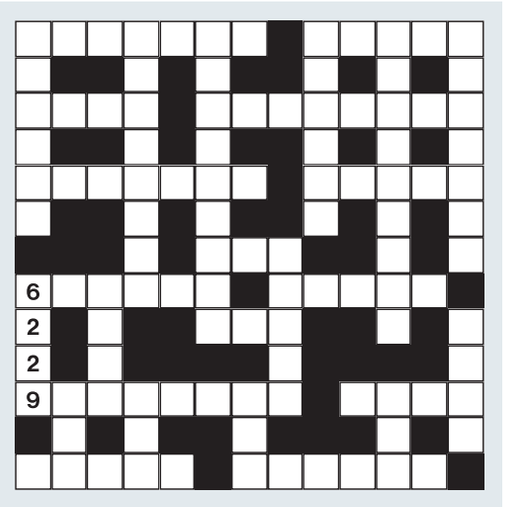
M	A	R	G	A	R	I	T	A	A	E	T	D	E	C	I
W	P	S	Y	W	G	N	N	G	I	N	S	W	N	Y	L
E	E	E	M	S	I	Y	D	N	A	H	S	T	N	R	S
P	R	M	S	M	O	N	I	C	C	U	P	P	A	R	F
P	O	R	O	I	I	T	E	P	A	L	O	M	A	E	L
A	L	I	L	J	R	P	T	S	M	O	O	T	H	I	E
R	S	C	G	A	I	N	E	N	P	R	S	O	T	A	M
F	P	K	M	D	U	T	U	C	E	R	E	M	D	E	O
L	R	E	N	A	Q	R	O	S	E	K	I	O	S	T	N
L	I	Y	O	L	I	C	T	A	A	N	S	T	Y	N	A
I	T	E	D	O	A	L	I	H	T	L	R	G	Z	E	D
M	Z	N	S	C	D	R	S	J	U	P	I	K	H	E	E
E	E	O	O	A	G	K	U	S	U	U	T	U	R	R	R
A	N	L	E	N	L	L	H	N	L	S	W	O	Q	G	E
D	A	D	A	I	E	I	C	E	D	C	O	F	F	E	E
E	T	S	M	P	E	H	A	T	A	H	C	R	O	H	T

APEROL SPRITZ
COCA-COLA
DAIQUIRI
FRAPPE
FRAPPUCCINO
GREEN TEA
HORCHATA
ICED COFFEE
ICED TEA
LEMONADE
LIMEADE
MARGARITA
MARTINI
MILKSHAKE
MINT JULEP
MOJITO
PALOMA
PIMM'S
PINA COLADA
PUNCH
RICKEY
SANGRIA
SHANDY
SLUSHIE
SMOOTHIE
SODA
TEQUILA SUNRISE
WINE SPRITZER

SOLUTIONS IN THE *Sun* TOMORROW

NUMBERFIT

All of the listed numbers fit into the grid and there's only one way to do it. One number has been provided to get you started.



3 digits
119
202
598
601
702
886

4 digits
3357
3794
5030
~~6229~~
6695

5 digits
24942
40590
83968
86422
99939

6 digits
143644
695441
894012
897990

7 digits
1559361
4966042
8383935

8 digits
56574158
97406944
98028852

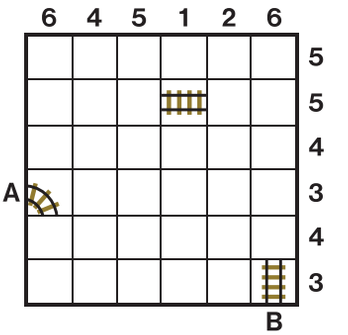
9 digits
665542711
991796290

NEWSPAPERS SUPPORT RECYCLING

The recycled paper content of UK newspapers in 2025 was 34.7%

MAKE TRACKS

Lay tracks to enable the train to travel from town A to town B. The numbers indicate how many sections of rail go in each row and column. There are only straight rails and curved rails. The track cannot cross itself.



MISSING LINK

Find a word that can follow the word on the left and precede the word on the right. When you have filled in all the answers, the shaded squares will spell out a headwear item.

CORAL		KNOT
GET		ESTATE
ELEPHANT		OFF
FACE		ANIMAL
FOREST		IRONS
BRAND		BADGE
GOLDEN		DIFFERENCE
TAKE		EXCHANGE
HOW		TRUE
BROWN		CUB

NUMBERCRUNCH

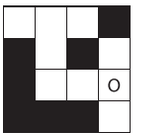
Starting at the top with the number provided, work your way down the three lines one at a time, applying all the mathematical instructions to your running total.

EASY	MEDIUM	HARDER
53	124	304
+ 63	- 67	+ 7/8 of it
÷ 4	2/3 of it	÷ 2
- 19	+ 192	- 186
Double it	÷ 10	÷ 9
+ 197	+ 485	700% of it
÷ 7	Quarter of it	+ 4859
- 25	+ 307	÷ 8
× 8	Half of it	- 539
- 39	+ 258	÷ 6
ANSWER	ANSWER	ANSWER

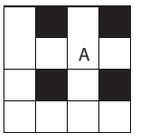
MINI FIT

Which one of the listed words won't fit in each of these mini grids?

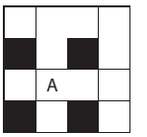
ARC
BED
CAM
COO
HOP



ABLE
BRAY
BUSK
ESPY
WASP

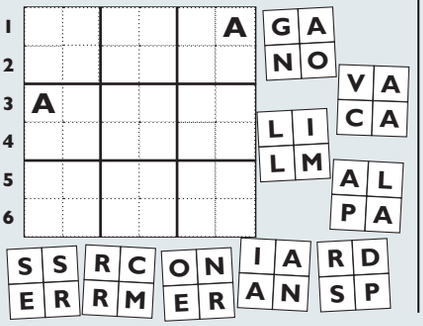


EPIC
ISLE
RANI
SOAR
TEAL



MINI JIGSAW

Fit the pieces in the grid to spell out a famous golfer in each row.



MIND THE GAP

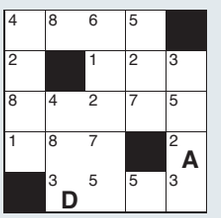
Place the three-letter words in the correct spaces to reveal a seven-letter word in the shaded squares.

S	Y	N				T	I	C
P	O	R				I	N	E
A	M			H		I	N	G
S	A	B	O				E	D
R	E	S	I				N	T
S	C	A	P				A	T
B	I	O	G				H	Y

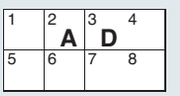
BUS
CUP
EGO
LIE
RAP
TAG
THE

MINI CODE

Eight letters have been given a number from 1 to 8. Break the code to complete the crossword.



A Ø E I L R S T



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ABTA

the Sunday dear deidre

Edited by
SALLY LAND
Team: Jane Allton, Hilary Freeman, Kally Lewis, Catherine Thomas and Kate Taylor

No matter what the issue, I answer every single problem

FAMILY FORUM

Dear Deidre

MY brother and his family only contact me when they want money.

I'm a man of 53 and the realisation hit me like a train last week when I was reading over messages.

There were reams of requests for £100 here, a short-term loan there.

A quick scan over the texts highlighted that they only ever want financial help.

I have one brother, who is three years younger than me and has never done a day's work in his life.

He is the worst for asking for handouts and his two daughters are also getting in on the act now.

My brother and I have never been that close. Still, I see him regularly at our parents' home and invariably there is some story going on that means he needs cash.

He always promises he'll repay me and sometimes I get some back, but over the years I've lent him and his daughters close to £9,000 and been repaid around half.

Looking back I've readily offered to help them, even before they have asked. I suppose I enjoyed the feeling of being able to do it. And they were always very appreciative.

But now I've spotted the pattern, I really don't want to continue dishing out money.

I'd like to feel like a valued member of the family and not just for my finances.

How do I tell them this without causing huge offence or being shunned?

■ **DEIDRE SAYS: It's completely understandable that you feel hurt having realised the people you love are taking advantage of your generosity.**

You don't need to explain why you have decided to stop lending them money. If pushed, you can simply explain you are not in a position to lend any more.

They will soon get the message if you are consistent in this.

If one of them gets in touch to ask for more cash, you could say that while you can't help with funds, you realise you haven't seen them for ages and ask how they are.

If they ignore the question, it shows that money is their reason for contacting you.

To take the emphasis away from these unrewarding relationships, make sure you are regularly mixing with your friends and other relatives who value you, not what you have in your bank.

hot topic

IT'S completely normal for your sex life to change after having a baby. Between recovering physically, adjusting to parenthood and coping with sleepless nights, intimacy can often take a back seat.

UK researchers concluded that eight out of ten women experience sexual problems within the first three months after giving birth. My support pack, Sex Problems After Baby?, can help.

stories deidre's photo casebook

LIBBY'S JOB: **FINAL DAY**

Dear Libby

YOU'VE got a new job and lifestyle, but you don't necessarily need a new partner to go with that.

Be wary of starting a new relationship with your boss as there will always be a power imbalance and you'll be vulnerable to manipulation.

Explain you want to get established and settled at work. Then you can focus on your relationship. Harry feels neglected, but can you both work things through so neither of you is tempted to stray again?

Strong couples don't jump ship at the first hurdle.

You'll have to be prepared to discuss the changes you both need to see, and ask him to do the same.

My support pack, Cheating Can You Get Over It?, explains more.

Deidre

Clothes by boohoo and boohooMAN

Dear Deidre

JUST the thought of seeing my abusive ex at my daughter's forthcoming wedding is bringing me out in hives.

We were together for 15 years and, although he never hit me, he would intimidate and belittle me.

He constantly cheated and said it was because I was "crap in the bedroom and the kitchen". When he left me, it was a relief.

Now our 27-year-old daughter is getting married and I'm nervous about seeing him.

I have emailed his work account asking if we can be civil on our daughter's big day. The only response I got from him was "stop sending ridiculous emails".

We are in our sixties. How can I get myself in the right frame of mind when he won't answer messages?

■ **DEIDRE SAYS: You do not need his permission or acknowledgement to enjoy the wedding. Sadly, he is not mature enough to put his daughter first.**

You can simply ask to be seated away from him and surround yourself with your friends and family.

Ask one or two trusted people to look out for you and make sure you are not left alone near him.

Dear Deidre

THE last three women I've dated all broke up with me, and I'm convinced it was because I asked them to stop shaving.

I'm 34, and I've got a bit of a thing for hairy armpits, legs and a natural bikini line.

But when I asked these women to let their hair grow they reacted with disgust.

All the ladies I see out and about seem to prefer the groomed look.

The last woman I dated would sometimes let her legs go a bit stubbly, and when I told her I would prefer it if she didn't bother shaving, she seemed genuinely shocked.

■ **DEIDRE SAYS: There is nothing wrong with preferring an unshaven look and there is a growing body positivity movement for those who like hair growth.**

For them, comfort and appreciating the natural form is more important than conforming to societal expectations.

As long as you're not forcing your opinions on anyone else, there is absolutely nothing to be concerned about. In time you'll meet someone with similar views to your own.

I'm so confused after fling with another woman

Dear Deidre

A GIRLS' weekend away has left me wondering if I should split up with my fiance after I had sex with one of the other women.

My best friend is getting married this summer so we organised a couple of days away with her closest friends.

There were ten of us in total – three were from the beauty salon she manages and were new to the rest of us.

We went for some really nice meals out, visited great cocktail bars and enjoyed a cycling tour.

I've been working long hours lately so I really appreciated the opportunity to unwind.

I particularly hit it off with one of my best friend's work pals.

As we danced the first night away, I found myself imagining what it would be like to kiss her.

She was very flirty and when she whispered in my ear that she liked girls, I felt a rush of blood which took me completely by surprise.

I was floored. How had this woman who I'd only just met tempted me so quickly? Before I knew it, she was leading me outside and kissing me.

We snuck off back to our apartment and had a lot of fun in the shower.

On the second night she came into my bedroom and we spent a very raunchy night together.

None of the others realised what had been going on, my best friend included.

On the surface, my life has returned to normal but the problem is, my head is back with her all the time.

My fiance is completely oblivious to the seismic shift that has happened in my head and to our relationship.

I'm still in contact with the other woman and we have been talking about meeting up, but my head is a mess.

I should be thinking about wedding venues, not planning secret sex sessions with my lesbian lover.

■ **DEIDRE SAYS: You are struggling to adjust to your same-sex attraction. It is entirely normal for people's sexuality to fluctuate.**

Contact switchboard.lgbt (0300 330 0630) to talk to someone who understands your experience here.

Please don't plough on with your wedding plans or arrange to meet this woman again until you have decided what your next steps are.

Realistically, it doesn't matter whether you have strayed with a man or a woman – the main issue is that you have cheated, which suggests there may be issues in your relationship that you must address.

Do talk to a relationship counsellor to help you unravel this before you make a bigger mistake.

Tavistockrelationships.org can put you in touch with a reputable therapist.

HERE TO HELP YOU

IF YOU are worried about anything please get in touch with my team of counsellors and we will do our best to help you. Every email receives a personal response.

deardeidre@the-sun.co.uk

GET IN TOUCH My team is here to help. Please feel free to contact us and follow us.
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Dear Deidre

MY sister is being scammed and I'm so stressed and angry about it.

She is 41 and I'm 39. She has always had a bit of a history of being taken advantage of by men, but her latest "boyfriend" is on another level.

She hasn't even met him in real-life but he must have fleeced her out of more than £20,000, if I was to have a conservative guess.

The first issue emerged around four years ago when I visited her to find her then ten-year-old son sleeping on the sofa. There was a leak in his bedroom ceiling but she couldn't afford to fix it.

Though she is a single mum, my sister earns decent money so I couldn't understand what the problem was.

In the end, I paid for the roof to be mended. Then I realised all my sister's money was going to her boyfriend, but she seems blind to what's going on.

Over the years the stories have kept coming. My sister has one son and her boyfriend, who I've only ever seen on a video call, has three.

He lives in Spain and apparently his ex "is crazy" and keeps taking their children to Ghana, where she is from.

My sister is completely taken in by him and believes every word he says.

He constantly asks for handouts, telling her he desperately needs to pay this private investigator, that judge, or law enforcement agency just to stay in contact with his children. But it's all complete nonsense.

I've tried to get her to see the truth but she tells me to stop interfering and insists I don't understand.

I'm pretty sure she has never met him in person, but he keeps her hanging by saying he knows "she's The One". We are both due to inherit around £100,000 from our late parents' estate and I'm so worried this man is going to swindle her out of the lot.

Is there any way I can protect her? How do I get through to her?

ONLINE GUY ONLY WANTS HER MONEY

■ **DEIDRE SAYS: Scammers tend to stick around until the supply of money runs out and if your suspicions are correct, he'll be waiting for your sister's big windfall.**

If she won't listen to your worries, it might be best to present her with the facts and financial reality.

Explain you're worried she won't have a roof over her head and you want to ensure her inheritance sets both her and her son up for life.

See if by focusing on financial security, you can help put some careful guardrails in place.

Arrange a time to go on to moneyhelper.org.uk with her. It has lots of free guidance about managing finances and debts.

the Sunday TRAVEL

Edited by LISA MINOT

Follow on @TheSunTravel

2 MORE PAGES

hot spot

CORFU is 32C: A seven night self-catering stay at 3★ Roda Pearl Resort, which is just a short stroll to the main beach. From £279pp including flights from East Midlands on September 9. See olympicholidays.com, or call 0208 492 6868.

IF YOUR kids love the Dog Man books, they'll love this.

DogMan: The Musical is touring the UK for the year – and there is a whole lot of laughs.

The opening night took place this week at London's Southbank Centre.

The show features best friends George and Harold, creating their Dog Man character for the first time and his adventures with Petey the evil cat and his loveably offspring Lil Petey, alongside the police chief and Flippy the cyborg fish.

While aimed at kids, a decent chunk of the gags have been designed to be funny for adults too with impressive musical numbers.

Dog Man: The Musical is aimed at ages 5+ and showing at London's Southbank, and will be touring the UK afterwards. Tickets cost from £30. See dogman.live.

LUTON Airport is offering FREE bus services from nearby locations to its terminal.

For the rest of the month, travellers flying from Luton will be able to hop on selected Arriva and Stagecoach routes across Hertfordshire, Bedfordshire and Buckinghamshire at no charge.

All travellers will be required to show a valid printed or digital boarding pass for a flight departing from London Luton Airport during August.

The scheme is running from now until August 31.

hot spot

TURKEY'S a sizzling 31C: A seven-night all-inclusive stay at the 3+ star Club Alize in Dalaman is from £729pp including flights from Bristol on August 22 plus 22kg baggage and transfer. See jet2holidays.com.

BRITTANY '27 TRIPS ON SALE

BRITTANY Ferries' high-speed Channel crossing is open for bookings for next year.

The quick service allows holidaymakers to travel from Poole, on England's south coast, to northwestern France in just six hours, with services operating up to six days a week.

Following the release of the 2027 timetable, customers can book journeys up until November 7 next year.

Sailings from Poole to Guernsey take three hours, while journeys to St Malo take six hours, with the boat reaching speeds of 48mph.

On board, travellers will have the freedom to walk around the ferry, plus there's ample space to relax including comfortable seating, bars and a cafe serving food and drink.

There's also a small boutique for those keen to make some last-minute holiday purchases.

See brittany-ferries.co.uk.

ENJOY ECO STAY AT CABU SITE

A NEW holiday resort with wooden cabins and a natural spa will soon open in the Cotswolds.

CABU, which is already under construction, will welcome visitors from 2027 to its base in Langley, a short drive from Bourton-on-the-Water and Burford.

Guests will be able to stay in 51 self-catered 'eco timber cabins' with wooden panels and green window detail.

Along with a natural spa with hot tubs, saunas and a plunge bucket, the resort will feature an outdoor pool, shop, restaurant, two bars, an events space and a "sitooterie" social space.

CABU currently has two other properties, one in St Mary's Bay in Kent and one at Killykeen Forest Park in County Cavan, Ireland with prices around £375 for a two-night stay.

See holidays.cabu.co.uk.

OVER THE MOON WITH SEASIDE ESCAPE AT ECLIPSE TOP SPOT

RELAXED . . . lodges at Silver Sands

COTTAGE LIFE . . . Cadgwith village and beach

SUN'S OUT . . . 2015 eclipse in Cornwall

ACTION-PACKED . . . Falmouth Harbour

Discover Cornwall's dark side!

ROCK POOLS . . . near Silver Sands Holiday Park

CORNWALL will be one of the best places in mainland Britain to see the solar eclipse on Wednesday.

Ahead of the big day, my husband Paul, our daughter Lexi and I headed down in search of a quiet place to stay.

We found it half an hour along the coast at Silver Sands Holiday Park in Gwendreath – small, beautifully landscaped and far enough off the beaten track to ensure some much-needed peace.

After an easy check-in, we made our way around the park to our new Signature Cove Lodge.

It occupied a corner plot and had a large private garden, with enough room for a hot tub and hammock.

The two-bedroom lodges can comfortably accommodate a family of four. While the mezzanine room was pretty tight for our particularly tall 12-year-old, it would be ideal for smaller children.

The lodge was full of all the mod cons you'd hope for, including a fully equipped kitchen, TVs in the master bedroom and sitting room, and super-fast wifi. There was also a wicker hamper with scones and jam on the kitchen counter, and robes and slippers in the bathroom.

As well as the lodges, you can book a static caravan and camp.

There is also a children's play park that is suitable for under-14s, as well as another play area for younger kids, with outdoor kitchens and a large sandpit.

We spent many hours in our hot tub, where the only sounds were the birds and the occasional laugh from the children playing.

It's the sort of spot where you could sit out on eclipse night with a drink and not have to share the view with anyone.

And while we could have stayed there all day, it was nice to get out and explore the area.

Kennack Sands is an easy ten-minute walk through woods from the site.

It's a lovely beach for children as it's sandy, nicely sheltered and there are endless rock pools to explore.

And you are in safe hands there, as RNLI lifeguards are on duty from mid-May to the end of September.

We had a lovely walk and sea dip and, as the water is so warm right now, it was like being in the Mediterranean.

Crabbing boats

There are also two cafes on the beach, in case you haven't brought your own snacks and drinks.

A 20-minute drive took us to the Lizard Peninsula, Britain's most southerly point.

Being this far south is exactly why the area will be so well placed for the eclipse. The further south-west you are, the more the sun will disappear behind the moon.

We spent a couple of hours exploring the many gift shops and taking in the views across the English Channel.

On the way back to Silver Sands, we stopped off at Cadgwith Cove – a traditional fishing village known for its thatched cottages and crabbing boats.

Paul was happy with a pint at the Cadgwith Cove Inn while Lexi and I explored the harbour.

And after a busy day taking in the sights, we were happy to return to our lodge and enjoy the sound of silence.

Before heading home, we drove into Falmouth, which is the place to be on Wednesday.

The Royal Navy Parachute Display Team, AeroSuperBatics Wingwalkers and the Flying Comrades will all take to the air above the bay from 6pm, just as the moon covers 95 per cent of the sun.

Visitors can enjoy it all from a choice of vantage points, including Pendennis Castle, Gyllyngvase Beach and the lawns of The Falmouth Hotel.

And best of all, this display event will be free.

It's all part of Falmouth Week, the town's ten-day sailing festival, which runs until next Sunday.

So head down to Silver Sands this week and get a beach holiday and a once-in-a-lifetime sky show for the price of one.

NATASHA HARDING

GO: CORNWALL

STAYING THERE: Three-night stays start from £339 in total. Week-long stays in peak season start from £1,600. See silversandsholidaypark.co.uk.

For more info on Falmouth Week, see falmouthweek.co.uk.

the Sunday
Food • Money • Pets • Motors • Health

YOU may not physically be able to go back in time to the Shakespearean era.

But this might just be the next best thing.

If you're a fan of the English literature genius' work, you can now catch an outdoor performance of his classic comedy As You Like It.

stay with the stars

The best thing about it, though, is not the play itself, but the setting. The event takes place at Arundel Castle in West Sussex, where the gardens have been transformed into a magical open-air theatre. There will be just two performances, taking place on Friday August 21 and Saturday August 22.

Seating is provided but visitors are able to pack their own picnics and enjoy the grounds from 6pm, ahead of the show at 7.30pm. For those without picnics, hot and cold drinks, wine and beer will be available to purchase on site.

Tickets cost from £25 per adult and £18 per child aged eight to 16. The show is not suitable for kids aged eight and under.

See arundelcastle.org.

lates

FRANCE MOTORHOME: A seven-night camping or motorhome pitch at Huttopia Les Châteaux in the Loire Valley is from £380 in total including return P&O Dover to Calais ferry for two adults on September 1. See camc.com or call 01342 318 813.

CHESHIRE: One night's B&B at 4★ The Park Royal Hotel & Spa is from £39pp for selected dates until October 31. Book by August 12. See theparkroyal.co.uk.

GRAN CANARIA: Seven nights' self-catering at the 4T TUI Blue Las Pitas is from £481pp including flights from Gatwick on September 14, plus 20kg luggage per person and transfers. See tui.co.uk.

DORSET: Four nights' half-board at the Bournemouth Sands Hotel is £309pp based on two sharing and arriving on August 12. Coach pick-up available. See daishs.com.

QATAR: Seven nights' B&B at the 5* Fairmont Doha is from £1,115pp, including flights from Heathrow on selected dates in September. Book by August 20. See southalltravel.co.uk.

essential

Klarna Debit Card, free for standard card, Klarna.com

EVER heard of Klarna? The fintech giant, renowned for changing the online shopping game, recently launched its first debit card – and it's great for travellers.

Steering away from its traditional 'buy now, pay later' business model, the card is set to debit by default, letting users pay for goods at home or abroad immediately.

Customers still have the option to pay in 30 days or in three instalments – handy for big holiday payments such as long-haul flights or pricey hotels.

Better still, it comes with zero foreign exchange fees, both in store and online, and is operated by Visa, so is widely accepted across the world.

The basic card is free, but frequent travellers may want to upgrade to a Premium or Max membership from £19.99 per month. These come with useful holiday extras like travel insurance, cancel-for-any-reason cover and airport lounge access at over 1,800 destinations worldwide.

JENNA STEVENS

HISTORIC CROATIAN PORT PERFECT BREAK

Don't want to Cro but this was best family hol ever

HISTORIC CHARM . . . town of Cavtat

HOT, but not too hot. Relaxing, but not boring.

A pool with heating and steps – and not just any old steps, they must be Roman steps.

Local food, but also margherita pizzas on tap. Culture, but not challenging. Not too far from the sea, airport or supermarket. Not too expensive. Not many stairs . . .

Trying to plan a three-generation family trip, I realised I wasn't looking for a holiday home, but a unicorn.

The hunt took our family of five – our sons are a "lively" 11, nine and three – my 70-something parents and my godmother to a villa outside Cavtat in Croatia, a 15-minute drive from Dubrovnik airport (tick).

Cavtat (pronounced Savtat, I learned after a confusing conversation with a waitress) looked lovely, but could it possibly tick all our boxes?

There were blue skies, and our gorgeous white stone villa had a heated pool, those Roman steps and enough bedrooms for the boys not to kill each other.

Add in a higgledy-piggledy garden with wild flowers and a lemon tree at the bottom of our drive – perfect for the G&Ts – and we were good to go. After a first day splashing in the pool, we managed a pootle down to Cavtat's main village, a ten-minute drive away.

To the whole family's delight, you could park cheaply right on the marina, one of many practicalities we came to appreciate during this trip.

The old town lies on a pretty horseshoe bay in the middle of two small pine-forested peninsulas.

With white stone Dalmatian buildings and narrow alleyways, it looks like a mini Dubrovnik but is thankfully smaller, cheaper and significantly less crowded.

This isn't a coincidence. Cavtat is often called "Old Dubrovnik" as it was once a prosperous Greek and Roman port which was sacked in the 7th century, sending survivors legging it to what later became Dubrovnik. Whatever its provenance, with a smooth promenade (tick), a cluster of great-value restaurants where you could get pizza and a beer for 8 euros (tick) and a picturesque 15th century church, it was the perfect place to potter around.

The church also houses masterpieces by one of Croatia's most famous artists, Vlaho Bukovac, who was born in Cavtat.

Bukovac's house is just off the marina, and one day we dragged the kids inside – admittedly, largely to escape the sun.

It was a blissfully shady change of pace and with just a few rooms didn't prompt too much whining. Easy culture? Tick.

We quickly settled into a routine: Activities in the morning, followed by naps (for both toddlers and adults) and then lazy afternoons at the villa.

By day three, we girded our loins and got up early to visit Dubrovnik and take the two-kilometre walk around the legendary city walls.

On one side of the walls, which are six metres thick in places, is the vast azure sea, while on the other you peer down into a maze of terracotta roofs, with tennis courts and allotments nestling next to incredible 15th century architecture.

It's fair to say my three-year-old was unimpressed (despite getting the best view of all of us, riding on my poor husband's

GO: CROATIA

GETTING THERE: Ryanair flies from Stansted to Dubrovnik from £50 return. See ryanair.com.

STAYING THERE: James Villas has self-catering holiday homes in Cavtat from £1,637 or £327.40pp, based on five people sharing for seven nights. See jamesvillas.co.uk.

GORGEOUS . . . the villa family stayed in

SPACIOUS . . . interior of the holiday villa

MUST-SEE . . . Dubrovnik

FOR THREE GENERATIONS

BIG TICK . . . Rachel, *right*, and family

sunburnt shoulders) but he perked up when we dived inside some of the many cool "hole in the wall" bars for a cola. Be warned, they are pricey.

If you prefer to re-energise with ice cream, Dolce Vita serves the best scoops in town. Try the dark chocolate, pistachio and hazelnut "Domino".

While Dubrovnik deserves its reputation as a must-see, we were all happy to get back to the chilled atmosphere of Cavtat.

Its only downside as a family holiday destination? The stony beaches. But that was nothing some 5-euro watershoes couldn't fix. When the pebbles get too much, take a boat trip to Sunj bay, allegedly the best sandy beach in Croatia.

Buckets and spades in hand, we hopped on to a speedboat stocked with beers and cans of Fanta, zooming past Dubrovnik and the most expensive villa in town, which David Beckham and Beyonce have stayed in (not together, or this would be on the front page of the paper).

When we arrived at Sunj bay, we found boats can only stop just off the shore, so the boys jumped in and waded through chest-height sea to the beach.

My poor old dad was a bit less enthusiastic. After a brief stint on the sands, we headed to the Blue Cave on nearby Kolocep Island which, as you approach, looks less like a cave and more like a crack at the base of a jagged cliff face.

Pretending to be far braver than I felt, I jumped off the boat and swam towards a gap just a few feet high, shouting for the kids to follow. Once inside, it was well worth the claustrophobic entrance. A massive chamber opens up with a high ceiling and striking bright blue water – because the cave is lit from underneath, it filters out the red light, leaving only the blue.

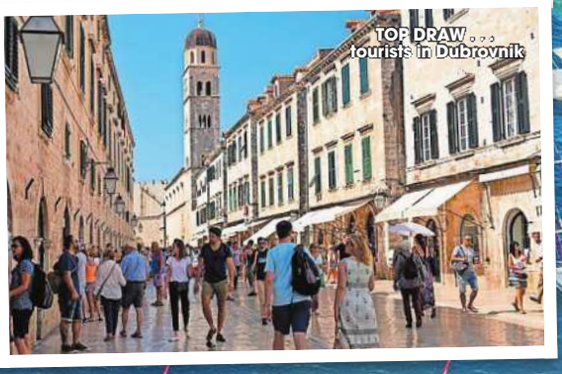
Towards the end of the week, we ditched the kids and escaped on our own – just the parents. That's the best thing about a three-generation holiday: The built-in babysitters.

A white-tableclothed dinner on the waterfront, watching the sun set, was followed by a gorgeous run to sweat out our hangovers the next morning.

The Cavtat walking trail is excellent for those into fitness, wrapping around the peninsula and deliciously shaded by the Aleppo pines. So, how did Cavtat stack up for a three-generation holiday? My son's verdict: 9.5/10. Apparently it lost half a point for the bracing sea water.

To be fair, a warm sea wasn't on my checklist.

RACHEL SHIELDS



TOP DRAW . . . tourists in Dubrovnik

TUI ENTERS NO-FRILLS MARKET

A NEW low-cost, no-frills travel brand is offering budget breaks to Europe and beyond.

Sundeals, owned by the TUI group, is targeting holidaymakers who "want great value without the faff".

Travellers will be able to book last-minute budget trips, all-inclusive holidays, winter sun breaks and adult-only breaks to 100 destinations.

With 20,000 hotels to choose from, plus a range of airline options including Ryanair, easyJet and TUI, customers can bag breaks from as little as £106pp.

Sun Travel found a seven-night B&B holiday to Marrakesh in Morocco from £157pp with flights from Newcastle on August 27.

Customers will also be able to book getaways to far-flung destinations such as Thailand, Mexico, Barbados and the USA.

This new move puts the TUI group, which is the UK's second largest tour operator, in direct competition with other online agencies such as Love-Holidays and OnTheBeach.

Right now, TUI's traditional tour operating model means flights, luggage, seat reservations and all the extras are included in the headline price. But its prices therefore appeared more expensive than those offered by the online travel agencies.

Online agents show a headline figure but you are then expected to decide if you want to add luggage or seat reservations and that can make a huge difference to the final price you pay.

With Sundeals, TUI is able offer the same model and, therefore, lower headline prices. See sundeals.com.

SWEET . . . Catalina Sugar Beach

CARIBBEAN BEACH FOR CRUISERS

A NEW Caribbean beach with pure white sands has opened up for the exclusive use of MSC Cruises and Explora Journeys passengers, as well as guests at Casa de Campo Resort & Villas.

Catalina Sugar Beach on Catalina island, just off of the coast of La Romana in the Dominican Republic, will welcome guests from November this year.

Visitors will be able to paddle in the clear waters, rent a beachside cabana and tuck into international and local Caribbean food from the open-air beach pavilion buffet.

There will also be two bars with ocean views and a water centre with equipment to rent.

MSC Cruises will begin operating weekly sailings from its new home port in La Romana from November, with trips to Sugar Beach on every itinerary.

Passengers wanting to get closer to nature can book on to shore excursions, including catamaran trips around the coast with snorkelling and visits to Isla Saona Island and the nearby Cave of Wonders.

Seven-night sailings start from £575pp departing La Romana on February 1, 2027, and calling at Virgin Gorda, Philipsburg, Basseterre, Road Town and Catalina Island.

For more information and to book, see msccruises.co.uk.

BUCKET LIST . . . constructive time at Diggerland

EVERYONE WILL DIG THIS BIG DAY OUT

"I'M going to spend my Saturday digging soil with a JCB for fun" was a phrase that would never have passed my lips until I became a mum.

Yet, here I am, spending the first sunny weekend in August on an industrial estate in Medway, Kent, having the time of my life at Diggerland theme park.

Diggerland has to be seen to be believed. Yes, it really is an attraction entirely themed around construction machinery, founded in 2000 by digger-hire firm owner Hugh Edeleanu.

The Kent site was the first, and there are now three more – in Devon, Durham, and Yorkshire.

You might question whether you can really get a whole day's fun out of construction equipment, and I was as surprised as anyone to find ourselves racing around the park at closing time, trying to choose our last attraction.

The range of activities is impressive.

They have 20 main rides and drives included in the ticket price, plus some extras such as dodgems and quad bikes.

Spin Dizzy is the biggest – spinning up to eight visitors high in the sky in the bucket of a huge digger.

But the giant diggers were by far my son's favourite. He spent around ten minutes shifting soil in an impressive Komatsu PC55MR-5 tracked excavator and had a blast.

They're so simple to use that at seven-years old, he was able to get into the cab and take control.

Youngsters will also have the chance to drive a JCB around a circuit, dig for gold with Komatsu PC14 mini diggers and be lifted 50ft up by the Skyshuttle. But the standout for me had to be the decommissioned police car.

My son was able to drive it, using pedals and all, around a dirt track, despite being ten years away from getting his licence.

Which is no bad thing, considering he made for a hair-raising chauffeur and was even given a "speeding ticket" at the end of his go.

It feels like the Diggerland creative team had a whale of a time when coming up with the various attractions, which are diverse enough to entertain all ages.

You've got the little Tykes toy area, the indoor soft play and the crazy trikes for the younger kids, plenty of options for primary-school age children, and a large choice for the adults who've always fancied having a go when passing a construction site.

The parks even offer stag and hen-do parties, with the onsite cafe listing a range of cocktails and beers that you'd never see at your typical theme park restaurant.

If you fancy checking it out for yourself, there's no better time to visit as Sun readers can get 2-for-1 tickets at Diggerland through Sun Club or Sun Savers, with families saving over £39 on tickets, plus free entry for children under 90cm.

GO: If you haven't picked up your print vouchers, you can get the offer by joining thesun.co.uk/club for just £1.99 per month or £12 per year, then head to Offers Hub and find the Diggerland page and claim your voucher.

Standard tickets cost £25.95pp in advance and £39.50pp on the door, for adults and kids over 90cm.

For more information, see diggerland.com.

CAROLINE McGUIRE

TOP TRACKS . . . digger fun

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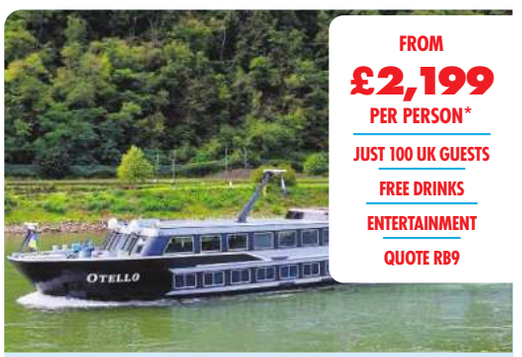

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RUGBY LEAGUE

ALL THE ACTION

Burgess gets a 'win bonus

EWAN IRWIN booted Sam Burgess to a happy Bradford return as Wolves went fourth.

Warrington head coach Burgess played for Bulls from 2006-09 and a try and seven goals from half-back Irwin *(right)* made sure he came away from Odsal victorious.

Ethan Ryan went over in the corner to put Bulls ahead, but a three-try blitz before half time from Matty Ashton, Albert Hopoate and Toby king sent the game Warrington's way.

Joe Philbin and Jordy Crowther also went over to put the visitors in full control.

Hopoate and Ashton added their second tries and 18-year-old Irwin crossed to finish with an 18-point haul.

Bradford.....4
Warrington.....42

Bootiful!

SMITH & WARRIORS KICKING ON

By GARY CARTER

HARRY SMITH booted Wigan into second place – once the 'boring stuff' was done in a tenth successive Super League victory.

Wigan.....48
Toulouse.....18

The England half-back kicked eight goals as Warriors punished Toulouse's constant errors.

And Bevan French and Jai Field linked up for a stunning 80-metre try – the former kicking through for the latter.

With Wigan still to play leaders Leeds and third-placed Wakefield, things are set up for a five-game sprint for the League Leaders' Shield.

Hosts' coach Matt Peet beamed: "Toulouse tested us but the players delivered on what was a great day for the club.

The fact is that some of the players we've got are the reason the stadium is full.

"We've got talent but it's about players getting the balance right between freedom to express themselves and getting the boring stuff right.

"When you zoom out, the season's looking exciting."

Paul Ulberg gave Toulouse a shock lead before the first of a double by Zach Eckersley.

French delivered his try to put the Warriors ahead and Liam Marshall went over with the first of his own double.

When Sylvain Houles' men held it together, they troubled Wigan's defence and Romeo Tropis touched down. Cesar Rouge then coasted over after his kick flicked off Smith.

But Olympique then paid the price for conceding a penalty and Field sent Noah Hodkinson in at the corner.

Toulouse's self-harm continued when James Roumanos' high shot on Smith saw Sam Eseh charge over for Wigan.

Warriors' Brad O'Neill was sin binned for a tip tackle and team-mate Sam Walters avoided a card for pulling the hair of Hugo Garrigues.

Toulouse could not capitalise as Marshall's second rounded off the game.

Houles said: "The errors cost us but on a few occasions, calls were a bit harsh.

"Our boys dug deep."

NOAH STOPPING ME ... Hodkinson gets on the scoresheet for Wigan

CARNEY ... talent idea

Carney: Clubs will love Ireland

By GARY CARTER

BRIAN CARNEY believes Super League should look to Ireland for future stars.

Warrington will play Wigan in Dublin on April 24, with St Helens facing Hull FC there a day later.

Having held matches in Scotland, Wales, Spain, Australia and the USA, the competition heads across the Irish Sea for the first time.

Irishman and Sky Sports anchor Carney — who played on the wing for Wigan and Great Britain — feels this could open up a whole new player talent pool.

He said: "Super League clubs probably need to start the very same way as they have in the NRL. They should be scouting Ireland, absolutely.

"Sides there [in Australia] look to Melanesia and Polynesia as a nursery for players. We should be looking to Ireland — as well as Scotland, Wales and France — for them.

PINNACLE ... with GB

"There are some very, very capable players sitting on the fringes of big sides who I think would make fantastic rugby league players."

There are only a handful of RL clubs in Ireland but Carney, 50, added: "I would encourage anybody who's playing rugby union there, if they like rugby league and fancy it, get yourself to a game.

"Get your name in the hat and make sure clubs are aware of you.

"Then there's all the Gaelic footballers. They're some of the best athletes in the country.

"And I watch hurlers and I'm just blown away. It's one of the most skilful sports in the world. Some of them would absolutely be able to play rugby league and do well.

"But sometimes when things are on your own doorstep, you don't realise how important and how good they are and can be.

"So I'm thrilled we've got these clubs deciding to come to Dublin."

Sam has right moves

By GARY CARTER

SAM HALSALL'S double helped Huddersfield see off 12-man Catalans — as they take a Giant step towards a new ground.

Huddersfield....42
Catalans.....20

The club will play ten miles away in Dewsbury next season after owner Ken Davy bought the Rams' Flair Stadium.

And they will build a third stand – taking the capacity to around 8,000 – brand it, and make it their home after being shoved to the fringes at their current Accu Stadium base.

The birthplace of rugby league will no longer host games – but the plan is build a new home in Huddersfield if a site comes up.

Director Rebecca Jackson said: "The plan's for the medium term and we're still the Huddersfield Giants. We're still based in Huddersfield.

"And I'm very confident we'll be in Super League next year."

Huddersfield are hell-bent on getting off the bottom – and Jim Lenihan's men ran riot in front of a 9,000 crowd that snapped up free tickets.

Halsall's double after five months out injured added to tries by Fenton Rogers, Connor Wrench, Sam Hewitt and Zane Dunford for a 36-0 lead at half-time. It was a third straight win for boss Lenihan, who said: "It's important we're a team the community's proud of, one that represents them.

"We made people happy.

"Three weeks ago, we weren't going to win for the rest of the year. It was a good day for the club."

Ben Condon twice replied but Franck Maria's red card for a shoulder charge to George King's head summed Catalans up.

Leo Darrelatour and Charlie Staines also went in for the visitors.

But boss John Cartwright fumed: "We have too many of those patches. It makes it impossible – it's just not good enough."

HALSALL ... two tries

PLAN ... ground vision

SPORTS ROUND-UP: RESULTS & FIXTURES

FRIENDLY MATCHES

CHELSEA (1)	**3 AC MILAN (0)**	**0**
Joao Pedro 45, 46		
Caicedo 51		
LEEDS (1)	**2 RB LEIPZIG (0)**	**0**
Calvert-Lewin 7		
Nmecha 70		
LENS (0)	**0 SUNDERLAND (0)**	**2**
	Hume 67, Isidor 83	
MAN UTD (1)	**1 PSG (1)**	**1**
Mbeumo 32	Mbaye 2	
BRIGHTON (2)	**3 ROMA (0)**	**0**
Rutter 29		
Ayari 40, 49		
IPSWICH (3)	**3 R VALLECANO (0)**	**0**
Davis 12, 17		
Emersonn 34		
TOTTENHAM (0)	**1 GETAFE (0)**	**1**
Gallagher 70	Risco 65	
STUTTGART (1)	**3 EVERTON (0)**	**1**
Nartey 16	Barry 71 (pen)	
Hendriks 65		
Bouanani 90		
RENNES (0)	**2 BRENTFORD (2)**	**4**
Szymanski 47	Thiago 19	
Rongier 71	Pinnock 28	
	Ouattara 48	
	Wilson 49	
COVENTRY (0)	**3 ESPANYOL (1)**	**1**
Sakamoto 69	Fernandez 37	
Eccles 75, Simms 84		
UDINESE	**1 NOTTM FOR**	**0**
REAL BETIS (0)	**2 BOURNEMTH (1)**	**2**
Isco 57	Tavernier 41	
Fornals 81	Evanilson 60	
VALENCIA (1)	**1 NEWCASTLE (0)**	**2**
Ugrinic 5	Wissa 52, 76	
E FRANKFURT	**2 HULL**	**0**

CRICKET

THE HUNDRED MEN

MI London v Trent Rockets

The Kia Oval: MI London 147-7 (100 Balls; S M Curran 72); Trent Rockets 148-4 (90 Balls; M J Santner 52no). **Rockets win by 6 wickets.**

Southern Brave v Manchester Super Giants

Utilita Bowl: Manchester Super Giants 149-8 (100 Balls; P I Walter 64; T L Seifert 55); Southern Brave 139-6 (100 Balls; T Stubbs 53no). **Super Giants win by 10 runs.**

	P	W	T	L	NR	RR	Pts
Rockets	7	6	0	1	0	0.890	24
SunRisers	6	4	0	2	0	0.674	16
Super Giants	7	4	0	3	0	0.495	16
MI London	7	4	0	3	0	0.262	16
Fire	6	4	0	2	0	-0.537	16
Brave	7	2	0	5	0	-0.053	8
Spirit	6	1	0	5	0	-0.458	4
Phoenix	6	1	0	5	0	-1.452	4

THE HUNDRED WOMEN

MI London v Trent Rockets

The Kia Oval: MI London 121-5 (100 Balls; S L Bates 3-13); Trent Rockets 125-1 (82 Balls; N R Sciver-Brunt 67no; B L Mooney 54no). **Rockets win by 9 wickets.**

Southern Brave v Manchester Super Giants

Utilita Bowl: Manchester Super Giants 139-4 (100 Balls; R M Ghosh 54); Southern Brave 112-6 (100 Balls; M K Villiers 3-17). **Super Giants win by 27 runs.**

	P	W	T	L	NR	RR	Pts
Rockets	7	6	0	1	0	1.601	24
Brave	7	5	0	2	0	0.148	20
Super Giants	7	4	0	2	1	0.752	18
SunRisers	6	3	0	3	0	0.674	12
Fire	6	3	0	3	0	0.345	12
Spirit	6	1	1	4	0	-0.643	6
MI London	7	1	1	5	0	-1.275	6
Phoenix	6	1	0	4	1	-2.092	6

CYCLING

TOUR DE FRANCE FEMMES: Stage 8 (Sisteron to Nice (175.0km) - 1 D Vollering (Ned) FDJ United-SUEZ 4h 2m 39s, 2 E Longo Borghini (Ita) UAE Team L'MAD +17s, 3 K Niewiadoma-Phinney (Pol) CANYON//SRAM at same time. **Overall -** 1 Vollering 28h 10m 18s, 2 1 Niewiadoma-Phinney +8s, 3 M Reusser (Swi) Movistar Team +1:12, 4 Longo Borghini+3:05.

GOLF

LADIES PIF LONDON CHAMPIONSHIP (Centurion Club, St Albans) - **3rd Rnd** (Gbr & Irl unless stated) - **00** A Huang (Can) 67 68 65, **203** C Hull 74 62 67, **208** A Donegan 70 69 69, **209** P Tavatanakit (Tha) 74 69 66, L Hall 71 67 71, **210** K Bennett (Aus) 68 71 71, **211** S Tan (Sgp) 70 70 71, L Sobron (Spa) 71 70 70, **212** A Lee (USA) 72 72 68, **213** A Hewson 74 66 73, **215** G Hall 74 71 70.

MOTORCYCLING

MOTOGP OF UK (Silverstone): **Sprint race -** 1 J Martin (Spa) Aprilia 19m 49.066s, 2 A Ogura (Jpn) Aprilia +1.530, 3 M Bezzecchi (Ita) Aprilia +3.974, 4 A Marquez (Spa) Ducati +6.956.

RUGBY LEAGUE

BETFRED SUPER LEAGUE

BRADFORD (4) **4 WARRINGTN**(18) **42**

Bradford - Tries: Ryan.
Warrington - Tries: Ashton (2), Hopoate, King, Philbin, Crowther, Irwin. Goals: Irwin (7).

HUDDSFIELD (36) **42 CATALANS** (0) **20**

Huddsfield - Tries: Halsall (2), Rogers, Wrench (2), Hewitt, Dunford. Goals: Flanagan (7).
Catalans - Tries: Condon (2), Darrelatour, Staines. Goals: Sexton (2).

WIGAN (24) **48 TOULOUSE** (18) **18**

Wigan - Tries: Eckersley (2), French, Marshall (2), Hodkinson, Eseh, Field. Goals: Smith (8).
Toulouse - Tries: Ulberg, Tropis, Rouge. Goals: Rouge (3).

	P	W	D	L	F	A	Pts
Leeds	22	18	0	4	768	326	36
Wigan	22	17	0	5	655	401	34
Wakefield	22	16	0	6	609	376	32
Warrington	21	15	0	6	568	350	30
Hull K R	21	14	0	7	632	339	28
Leigh	22	14	0	8	488	412	28
St Helens	22	12	0	10	502	492	24
Catalans	22	9	0	13	439	663	18
Toulouse	22	7	0	15	450	592	14
York	22	7	0	15	444	635	14
Castleford	22	7	0	15	390	702	14
Hull	22	6	0	16	385	481	12
Bradford	22	6	0	16	386	671	12
Huddsfield	22	5	0	17	375	651	10

BETFRED CHAMPIONSHIP - Salford RLFC 18 Swinton 20.

WOMEN'S SUPER LEAGUE - Leeds 38 York 16, Leigh 4 Featherstone 16.

SNOOKER

CHINA OPEN (Taiyuan City): **1st Rnd -** Y Zhou (Chn) bt M Williams (Wal) 6-3; D Gilbert (Eng) bt J Ding (Chn) 6-1; Y Wu (Chn) bt P Yao (Chn) 6-5; H Liu (Chn) bt B Hawkins (Eng) 6-4.

TODAY'S SPORT

CRICKET

The Hundred: SunRisers Leeds v Welsh Fire (Headingley, Men 2:30pm, Women 11.0), London Spirit v Birmingham Phoenix (Lord's, Men 6.0, Women 2.30).

Metro Bank One-Day Cup - Group A: Gloucestershire v Nottinghamshire (Cheltenham, 11am), Kent v Leicestershire (Beckenham, 11am),Northamptonshire v Somerset (Northampton, 11am), Warwickshire v Lancashire (Rugby, 11am). **Group B:** Derbyshire v Middlesex (Derby, 11am), Durham v Essex (Darlington, 11am),: Glamorgan v Worcestershire (Sophia Gardens, 11am), Sussex v Hampshire (Hove, 11am).

GOLF

Wyndham Championship (Sedgefield CC, Greensboro, North Carolina).

LIV Golf New York (Trump National Golf Club Bedminster, New Jersey).

Ladies PIF London Championship (Centurion Club, St Albans).

MOTORCYCLING

MotoGP of UK (Silverstone).

RUGBY LEAGUE

Betfred Super League (3.0):

Betfred Championship (3.0): Batley v Newcastle, Doncaster v North Wales Crusaders, Halifax v Barrow, Hunslet v Keighley, London Broncos v Goole Vikings, Midlands Hurricanes v Workington (2.0), Oldham v Sheffield, Rochdale v Whitehaven.

Betfred Women's Super League (2.0): Huddersfield Giants v Barrow Raiders.

SNOOKER - China Open (Taiyuan).

TENNIS

ATP Canadian Open (Montreal).

WTA Canadian Open (Toronto).

RUGBY UNION

THAT'S HOL LOT OF REST

SO GLAD MARO HIT THE BREAKS

MAUR LIKE IT . . . Maro Itoje laps up the sun in Mauritius

ROSES BLOOM . . . Kruis (right) 'n Itoje train in 2019

Kruis predicts fab return

GEORGE KRUIS is convinced England were right to banish his old pal Maro Itoje to the beach this summer.

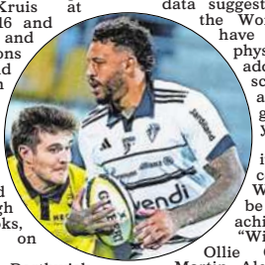
By ADAM HATHAWAY

And former lock Kruis backs returning veteran Courtney Lawes to make an impact at next year's World Cup – when he will be 38!

Red Rose skipper Itoje has been Test rugby's busiest player over the last decade.

But boss Steve Borthwick decided to rest him from last month's gruelling Nations Championship schedule which involved matches in South Africa, Liverpool and Argentina.

Itoje, who won three Champions Cups alongside Kruis at Saracens between 2016 and 2019, captained club and country plus the Lions in the last year and had to deal with losing mum Florence in December.



But the 31-year-old put his feet up in Mauritius while under-pressure Borth and England slogged their way through Tests against the Boks, Fiji and Argentina on successive weekends.

And Kruis insists Borthwick will see the benefit this autumn and at next year's World Cup.

Kruis said: "He's played many minutes and he's also involved with all the leadership bits, the lineout bits and the captaincy.

"There's a lot that mentally goes with that. And he's had a couple of things go on in his personal life, so it is just good man-management. You need to be able to have physical and mental down-load at some points.

"A player will always say 'yes', so it's good to remove people at some points.

"And it's good to set an example with your captain. It shows the rest of the team that they are looking after people.

"With what he's got coming up it looked an absolute no-brainer, so fair play to the management."

Lawes *(above)* is back in the Prem with Sale this season after two years at Brive and reversed the international retirement he announced at the 2023 World Cup.

The 105-capper is two years older than Kruis, who retired in 2022 to run health and well-being supplement company fourfive.

But Kruis – who won 45 caps and played alongside Lawes when England reached the 2019 World Cup final – reckons the former Northampton man could do a big job at Australia 2027, which would be his **FIFTH** global showpiece.

Kruis added: "Evidence and data suggests teams that win the World Cup normally have a large, jumping, physical six who can add weight to scrums, moves, but also just be big in general. He gives you that.

"I'd love to see it. A lad who could make five World Cups would be insane, a proper achievement.

"With that group of Ollie Chessum, George Martin, Alex Coles and Maro, with Charlie Ewels in there, it gives you options for a second row-type six."

England could have done with Lawes smashing people when they lost 45-21 to South Africa in Johannesburg last month after a dismal Six Nations.

They followed that up with wins over Fiji and Argentina but the Springboks are the benchmark.

Kruis added: "We should recognise South Africa are just a very, very good side.

"They play a type of rugby which makes you bend and it's incredibly hard to outplay them.

"You're in their heartland but the two wins off the back of that looked really promising. And with blooding some new players, I'd say it was a step forward."

● GEORGE KRUIS was speaking on behalf of rugby mental health charity LooseHeadz. More info at www.looseheadz.co.uk

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BOXING FIGHT NIGHT SPECIAL

CLARKE . . . easy win

Frazer's whack of Lam

By WALLY DOWNES Jr

FRAZER CLARKE needed just two rounds to win a heavyweight mismatch in Leeds last night.

The 2020 Olympic bronze medallist took on 19-stone journeyman Lamah Griggs — with the underdog only getting three days' notice.

Clarke 35, required a gentle return after losing three of his last four.

He had also suffered a career-threatening jaw fracture against Fabio Wardley in 2024.

But Griggs, 34, had not won a fight since 2023, was out of shape and did well to survive the climb-up to ring, let alone the first round.

Clarke — a 6ft 6in powerhouse — targeted Griggs' tattooed torso.

Fearless show-saver Griggs was given chances to take a dive but boxed on with honour — even after a whipped hook to the body dropped him in the first round.

The Nottingham man was incredibly brave in the second, too, throwing a risky right hand and giving Frazer a warning.

But he was eventually backed into his corner and scythed down.

He boldly beat the count again and was willing to fight on. But referee Michael Alexander correctly called a halt.

JAMES DEAN FURY — the latest member of the famous fighting family — needed the ref to save his dismal debut in Leeds.

The 20-year-old followed cousins Tyson, Hughie and Tommy into the pro ranks.

He was dominated by Belarusian Dzmitry Atrokhau — who had not won a bout for EIGHT years.

But usually-reliable ref Mark Lyson somehow scored the shambolic contest 60-54 to Fury.

GOOD CALL

He wins thrilling Brit rematch on points

CALLUM SIMPSON won back his British super-middleweight title from Troy Williamson.

By WALLY DOWNES Jr

The December original in this same First Direct Bank Arena in Leeds was a classic.

Williamson weathered an early storm and devastated the Yorkshire lad with four tenth-round knockdowns.

Simpson axed his local coaching team following that loss and he transferred to Sheffield to join Team GB mastermind Rob McCracken.

He pulled off the revenge mission last night with a thrilling showdown that the three ringside judges called: 116-112, 117-112 and 115-113.

The Barnsley fan, 29, got a hero's welcome flanked by flames as walked down the Leeds arena ramp.

The defending champion — from Darlington — walked into a cauldron of boos as the heat from the pyrotechnics ramped right up before a punch was even thrown.

Williamson, 34, made a sloppy start, walking on to too many straight one-twos.

But right on the bell, The Trojan landed the heaviest shot of the opener when he connected with Simpson's designer stubble.

The start of the second was a wild dogfight with both men grabbing and thrashing each other.

When they came apart, Simpson had a small cut around his left eye.

Simpson used his towering size to overpower the champ throughout the round but, again, a late Williamson right hand connected with his head and a left to the body followed. Simpson threw everything in the third and robbed Williamson of his senses, who was spark out on his feet but refused to go down.

He clung on and ref Victor Loughlin could not separate them until the bell did.

Williamson was still dazed and unsteady when the fourth started. But every time the challenger afforded him some time and space, he threw accurate scoring shots that tested Simpson's chin.

The fifth was another dominant round for Simpson who seemed to have Williamson hurt again — but he again refused to fold.

Round six was a thriller, too, as Simpson continued to dominate but, at middle-distance, Williamson was always landing hooks and straight rights that threatened to flip the switch.

Simpson kept it up in the seventh and the eighth-round sound of his bony right fist, only cushioned by a 10oz leather pad, smacking into Williamson's skull made the whole arena gasp.

But it was Williamson who landed a massive right hand with ten seconds of the round left and no time to capitalise.

Round nine was epic as the pair dug even deeper for the beautiful Lonsdale belt and Commonwealth strap.

Williamson suffered dog's abuse in the same tenth round he so heroically turned around in the original clash.

The two fine Englishmen kept slugging and slashing at each other in the 11th but Simpson's sheer willpower and drive kept him on top.

In the final session, it looked like Simpson was gone just as the bell rang.

In truth it saved them both from their sheer super-human courage because they would have carried on going until everyone had left the arena.

HOMER SIMPSON . . . Yorkshire lad Callum lands a smart left-hander on his way to victory in Leeds

BRIT PAINFUL . . . Walsh unloads a fierce left on Denny

It's all White in end, Walsh

DANA WHITE'S boxing golden boy Callum Walsh climbed off the canvas to defeat Britain's Tyler Denny.

From JACK FIGG in Dublin

UFC boss White has helped promote Walsh for the past four years but officially signed him earlier in the year after launching Zuffa Boxing.

And he brought the Irishman back to Dublin where he was dropped but got up to floor Denny on the way to a unanimous decision.

Walsh said: "He's very tough. I should have been a lot better. Andy Lee is sitting there, a lot of great fighters are sitting there.

"I could have been better. He's awkward, he's tricky."

Walsh came out firing in the first round and looked far too quick for Denny — who was on the end of relentless combinations.

But just as the round came to a close, a chopping left hand caused Walsh to touch down following a delayed reaction.

Walsh evened the score in round two with a huge left hand that floored Denny — and a follow-up hook immediately after almost dropped him again.

The home-town favourite, 25, started to take charge of the bout from round three onwards, with his combination punching proving the difference.

A thunderous right hook in round six got Denny's attention and a nod of acknowledgement.

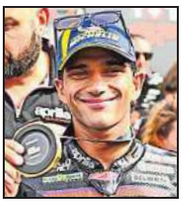
The former European champ tried to rough up Walsh — who began to show signs of tiring — as the bout went into the second half.

But Walsh's body shots and punches in bunches kept the fight in his favour, with one left to Denny's mid-section forcing him to smartly hold on in the eighth.

Both fighters were docked a point — Walsh for holding and Denny for shots on the back of the head.

Denny, 35, was left on shaky legs in the ninth when a body shot and follow-up left hand rifled off his head.

A right uppercut in the tenth and final round landed right on the button for Walsh — who was awarded the win with scorecards of 98-91, 98-91 and 96-90.



MARTIN . . . happy

By Jorge, a quick hat-trick!

By ROB MATTHEWS

JORGE MARTIN extended his MotoGP championship lead with an "amazing" lights-to-flag sprint race win at Silverstone.

The Spaniard claimed his third sprint victory of the season at the British Grand Prix — as his Aprilia team dominated the podium.

He opened a 17-point gap on closest championship challenger Ai Ogura, who finished second.

Martin's team-mate Marco Bezzecchi, competing in his first race since collarbone and knee surgery, was third in the ten-lap showdown.

Bezzecchi put a big dent in Ducati ace Marc Marquez's title hopes as he leapfrogged him into third in the standings ahead of today's race.

Martin, 28, said: "A lot of work during summer was finally worth it.

"So I'm really happy. It was an incredible job."

Although the polesitter made a perfect getaway, he feared he would be reeled in as he struggled with tyre degradation.

Martin added: "At the end, I really had no rear-tyre grip.

"I thought Ogura would catch me.

"But I was able to manage the distance and another sprint victory is always amazing."

Reigning world champ Marquez struggled with grip late on dropping down to finish ninth.

His brother, Alex — twice a sprint winner at Silverstone — was the leading Ducati rider in fourth.

Home favourite Carl Crutchlow crashed on the opening lap. The LCR Honda rider rejoined the race but later retired.

Demi de favourite

DEMI VOLLERING won a brutal stage eight of the Tour de France Femmes — seizing the yellow jersey ahead of today's finale.

The Dutch rider, 29, dug deep for victory with a late attack on the 171.9-kilometre mountain race from Sisteron to Nice.

And Vollering declared: "I can't tell you how much I suffered — I just gave it everything."

Italian ace Elisa Longo Borghini was in second, with overnight leader Kasia Niewiadoma-Phinney third.

FDJ United-Suez rider Vollering leads the Pole by eight seconds ahead of a final stage around Nice.

Defending champion Pauline Ferrand-Prevot had to withdraw yesterday morning due to illness.

ATHLETICS EUROPEAN CHAMPS STARTS TOMORROW

Leap of faith

JUMPING FOR JOY . . . Sawyers celebrates her incredible comeback after winning Commonwealth gold in Glasgow (above)

JAZMIN: BELIEF FIRED ACHILLES HELL REHAB

By ROB MAUL

JAZMIN SAWYERS never once believed she was finished as an athlete — even when she ruptured her right Achilles.

Three months out from the 2024 Olympic Games, the former European indoor champion severely damaged her take-off leg and needed surgery.

Long jumpers require maximum explosion off the runaway and many feared that Sawyers was done at the highest level.

Yet within the space of two years, following successful rehab, the Stoke star is back to her best, winning Commonwealth Games gold last weekend in Glasgow *(right)*.

Hoping to upgrade on the outdoor silver in 2016 and bronze in 2022, Sawyers heads to the European Championships in Birmingham – 40 miles from where she grew up – with renewed hope she can fully banish her Olympics demons.

Sawyers, 32, said: "It's been a bit of a journey, hasn't it? It was really hard but I never truly believed my career was over.

"About 30 seconds after I ruptured my Achilles, one of the physios, Sarah, came running over.

"I asked her, 'Sarah, is my career over?'. She said, 'No'. Of course, she couldn't possibly know that in that moment, but I believed her.

"There were difficult moments along the way but I had the most incredible group of people around me, helping me recover.

"Whenever my belief wavered, theirs carried me through.

"I'd seen friends do it but the question was whether I could do it. Well, I've proved that I could.

"The hardest part is failing over and over again, and after every setback still telling yourself, 'No, I can win'.

"Even when all the evidence seems to say you've failed again, you somehow find it in yourself to believe that you can still do it.

"That's why this moment means so much. I was right about myself, and everyone who believed I could do it was right, too.

"On a personal level, it feels like something that's now permanently true inside me – that I really can do the things I believe I can do."

The seven-day European Athletics Championships start on Monday at Birmingham's Alexander Stadium – the first time the event has been held in the UK.

BEST OF THE ACTION EACH DAY

MONDAY **Women's 100m final, 9.50pm: Amy Hunt versus Dina Asher-Smith is the domestic battle that could decide European honours on the conclusion of day one.**

TUESDAY Men's 100m final, 9.47pm: It is a wide-open field this time as runners vie to be the fastest man in Europe. Italian 2020 Olympic champion Marcell Jacobs is going for a hat-trick of titles.

WEDNESDAY **Men's 400m final, 8.50pm: Brummie Matthew Hudson-Smith has had a stand named in his honour for his Alexander Stadium homecoming. How he would love to soak up the acclaim in front of it.**

THURSDAY Women's 200m final, 9.50pm: Another Asher-Smith versus Hunt flashpoint. Asher-Smith is the fastest woman in British history. Hunt is the new pretender and a world championship silver medallist.

FRIDAY **Women's 800m final, 9.45pm: Promises to be the race of the week as Olympic golden girl Keely Hodgkinson will be challenged by Swiss star Audrey Werro and flying Dutchwoman Femke Broeders-Bol.**

SATURDAY Men's 1500m final, 9.07pm: With mile world-record holder Josh Kerr absent, this could be the chance for Scottish team-mate Jake Wightman to make amends for missing out on a Commonwealth medal.

SUNDAY **Men's pole vault final, 7.30pm: Having endured a disappointing few weeks, Swedish icon Mondo Duplantis, the best pole vaulter in history, will be more desperate than ever to claim yet another world record.**

ANNING . . . fan power

Amber light for London

By ROB MAUL

AMBER ANNING hopes sell-out crowds at the European Championships in Birmingham could help London's worlds bid.

An attempt to bring athletics' biggest event back to Stratford in 2029 is backed by £45million of Government cash.

Rome, Munich and Nairobi are also in the running and London was host as recently as 2017.

Anning, 25, last year's 400 metres world indoor champ, said: "I remember being in the crowd when Mo Farah was on his last lap of the 10,000 metres.

"The atmosphere that night, the sound and electric noise of the home crowd . . . I could barely hear myself think. It was unbelievable.

"Now we have the Europeans in Birmingham.

"Everybody knows British fans — I might be biased here — are some of the best in the world.

"We are ready to use that home crowd advantage to be successful.

"The timing is great. Fingers crossed we get it in 2029.

"It would be great to be part of it as an athlete.

"It starts now, it starts at the Europeans.

"I am looking forward to people putting in great performances to help win that bid."

KJT sure to be OK

By ROB MAUL

TWO of Britain's top medal hopes declared themselves fit for action at the Euros.

Two-time world heptathlon champion Katarina Johnson-Thompson pulled out of the Commonwealth Games in Glasgow last month on the eve of the event starting.

KJT, 33, was struck by an unspecified injury.

But SunSport understands the Liverpool athlete will be ready for the European Championships in Birmingham as she bids for a first continental title outdoors.

Sprinter Zharnel Hughes, 31, suffered a cramp in an adductor muscle as he crashed out of the 200 metres semi-finals at the Commonwealths.

But Hughes' team say he is "OK now" and will run the individual 200 plus sprint relays — both mixed and men's — at the Alexander Stadium.

CRICKET

COACHING CRISIS

KEY'S LOST!

Flintoff's shock exit leaves problems piling up for Rob

ENGLAND supremo Rob Key faces his latest challenge – a coaching crisis following the resignation of Andrew Flintoff.

By JOHN ETHERIDGE

Freddie's shock decision on Friday to quit as Lions boss means neither of England's top two teams has a coach.

It comes on the back of last winter's Ashes disaster, the retirement of Ben Stokes *(below)* from international cricket, accusations of a drinking culture and a sequence of seven defeats in England's last nine Tests.

The problems keep piling up.

The Lions – supposedly the best of the rest – have lost their big-name mentor Flintoff, who wants to combine coaching jobs on the megabucks franchise circuit with his TV career.

Flintoff already has a gig as head coach of Sydney Thunder in the Big Bash this winter.

He has previously coached Northern Superchargers in the Hundred but was dumped when the Indian owners turned the team into Sunrisers Leeds.

He will also help guide the careers of his sons Corey, 20, who is on the staff at Kent, and 18-year-old Rocky, who plays for Lancashire.

The England senior team will also be without a permanent coach for their three-Test series against Pakistan, beginning at Headingley on August 19.

Stephen Fleming has been hired as Test coach in succession to the sacked Brendon McCullum – but his first games in charge are not until the series in South Africa in December. Don't forget, Fleming was not Key's first choice. That was former England coach Andy Flower, who decided to continue in T20 cricket rather than return to his old job.

Batting coach Marcus Trescothick will be interim head coach against Pakistan.

But the popular Trescothick's future is in doubt after Fleming made an approach to Aussie legend Mike Hussey to be the Test batting coach.

Key knows his job is hanging by a thread and pal Flintoff's departure has left him without an important ally.

The ex-England all-rounder and captain exerted considerable influence behind the scenes. He is managed by the company founded by ECB chairman Richard Thompson and is one of Key's closest mates.

It was Key who coaxed Flintoff back to cricket after his near-fatal accident while filming for Top Gear.

Just a week ago, Key was forced to defend his appointment of Flintoff as Lions coach when it was suggested that he was the wrong choice for the job.

Under Flintoff, the Lions had a string of poor results and some players were surprised at how little actual coaching he did. He placed a premium on physical fitness and was a motivator and encourager.

But Key insisted: "I think that's a complete disservice to one of our greatest cricketers, who has done that Lions job when he could have done a hell of a lot of other things, earning a lot more money.

"But his passion is to try to bring through the next generation.

"We've been incredibly fortunate to have him.

"I thought it was disrespectful for people to say that he shouldn't have been doing it. He has been outstanding in the job."

A week after such a gushing tribute, Flintoff is gone.

Another issue is the lack of English coaches in the highest positions.

Peter Moores (who did it twice) and Chris Silverwood are the only Englishmen in charge of the Test team this century – and they were not successful.

McCullum is coach of the white-ball teams – and has recently taken England to No1 in the world rankings in T20 cricket – while Fleming is in position for the Test team.

But English candidates such as Jonathan Trott and Richard Dawson were overlooked.

The Lions job would be a natural stepping-stone for the senior side but Flintoff had little or no interest in the top role.

Truth is, many of the sharpest former players in English cricket enter the less stressful and well-paid world of TV commentary.

The top level four coaching course costs £9,500, which can be a deterrent if players have to cough up the money themselves.

Stokes says he would love to coach England one day. Now that would be an interesting prospect . . .

FRED FLED . . . Flintoff has left England Lions

CLOSE PALS . . . Rob Key (left) and Flintoff pose for a picture as England team-mates in 2005

SHIRTY . . . Wales' kit

Kit hitting the fans in Wales

By PHIL CADDEN

WALES chief Noel Mooney is having to defend the Dragons' new kit deal — after fans branded it worthy of a "pub" team.

Manufacturers adidas have been ditched after 13 years and replaced by Sudu — who also have a long-term partnership with Wolves.

But unhappy fans are voicing their outrage on social media.

One supporter directly told Football Association of Wales chief executive Mooney the home strip was a "cheap-looking pub kit".

Mooney replied on X: "We will have to agree to disagree."

The deal was announced this week, with Mooney hailing it "the most valuable kit agreement in our history and reflects the progress Welsh football has made both on and off the pitch."

Mooney said in June the partnership is for the next six years. Shirts went on sale last Friday.

Craig Bellamy's side are due to wear the kit for the first time in a Nations League tie with Cristiano Ronaldo's Portugal in Lisbon on September 24.

"Pro" versions of the adult shirt costs £90 with a matching pair of shorts and socks adding up to a total of £136.

A replica adult shirt costs £70, while a full kit for a child including shorts and socks will set fans back £89.

Farewell to Parkes

By VIC HOLLY

FORMER Wolves keeper Phil Parkes has died aged 79.

'Lofty' made 382 appearances for the club between 1960 and 1978 after joining as a schoolboy, helping them reach the Uefa Cup final in 1972.

Parkes *(below)*, who also played in North America, was inducted into Wolves' hall of fame in 2023.

His old team-mate John Richards told BBC Radio WM: "It's a sad day.

"Phil has been part of the Wolves family for the best part of 70 years.

"He looked frightening but he was a gentle giant until one of his friends was in trouble. Then he was there to protect everybody."

Wolves said a fall last year led to Parkes spending the rest of his life under medical supervision.

They added: "Thoughts and prayers are with Lofty's loved ones."

Dan King

OUR COLUMNISTS ARE TALK OF SPORT

There's a pharaoh hole to plug at Anfield

KOPPING IT . . . with Mo Salah in Turkey, there are fears for Van Dijk (top) 'n Co

DEFENCE KEY ISSUE... NOT FILLING EGYPTIAN MO'S BOOTS

FINDING someone to fill Mo Salah's shoes was never going to be easy.

But if Liverpool end up spending big on forwards again this summer, at least they have learned lessons from a year ago.

Defender Ronald Araujo's move from Barcelona, on loan with an option to buy, came out of the blue in terms of his identity.

Yet it could turn out as the Reds' most important bit of business.

When Liverpool followed up their record-equalling 20th title triumph last summer with a £300million spree on Alexander Isak, Florian Wirtz and Hugo Ekitike, Arne Slot's side were installed as strong favourites to win the Premier League again.

But the attacking trio started only three games together in their debut Anfield campaigns.

And although that was a big factor in the team's fall from grace, a deal which Liverpool did not get done also cost them dearly.

They thought they had Crystal Palace defender Marc Guehi in the bag. But the transfer merry-go-round broke down when the Eagles' replacement for Guehi fell through on deadline day and the Reds were left high and dry.

As the old saying goes, attack is the best form of defence.

Even if Isak, Wirtz and Ekitike had all been fit and firing, the PL has changed in the last couple of years, let alone in the decades since we were all young and romantic.

Arsenal boss Mikel Arteta tried ending the club's title drought by sticking broadly to the principles of attractive football.

It didn't work. So he gradually adapted the more defence-focused, pragmatic approach that allowed the Gunners to take advantage of Liverpool and Manchester City's struggles last season and win the title.

Arsenal scored 71 Prem goals, compared to the 88 and 91 they managed in coming second to City in 2022-23 and 2023-24 respectively.

It was the lowest tally for a PL winner since Leicester's 68 in 2015-16, a joint record in a 38-game season.

Meanwhile, Slot's Liverpool let in 53 goals in 2025-26, their highest number in a 38-game campaign.

The Reds teams who dominated England and Europe were built on a strong back five.

They were staffed by defenders who were Anfield heroes going back to Ron Yeats, the "Colossus" whom manager Bill Shankly invited reporters to walk around when he signed in 1961, at the start of the club's glittering modern era.

Centre-backs Tommy Smith, Emlyn Hughes and Phil Thompson were captains, leaders and legends.

Bob Paisley's backline of Phil Neal, Alan Hansen, Mark Lawrenson and Alan Kennedy remains one of the greatest in English football.

The game changed hugely between their heyday and Liverpool's 2019-20 title triumph.

But Trent Alexander-Arnold, Joel Matip, Virgil van Dijk and Andy Robertson also deserve to be remembered as a Fab Four.

Sub in Ibrahima Konate for Matip in 2024-25 and Slot's PL winners were decent in defence, too.

But now only Van Dijk remains – and the 35-year-old Dutchman was showing signs of decline even before last season's erratic campaign.

Until Araujo's arrival, his fellow centre-backs were yet-again-injured Joe Gomez, Giovanni Leoni, 19, and £60m signing Jeremy Jacquet, 21.

The latter pair are working their way back to fitness and have never played a minute in the Prem, Leoni having torn an ACL last September.

On the flanks, Milos Kerkez had an inconsistent first season, right-back Conor Bradley missed a lot of the campaign with injury, while Jeremie Frimpong looked much better going forward.

The result of that was Dominik Szoboszlai and Curtis Jones having to play out of position.

Bradley will not be fit until later this year, so the fact Araujo, 27, can play right-back is also a big plus.

Liverpool can now focus on the challenge of replacing Salah.

After Arsenal failed in their pursuit of Vinicius Jr, they may yet rival the Reds for Paris Saint-Germain forward Bradley Barcola.

The Frenchman, who usually operates from the left – instead of the right where Salah plays – will cost a nine-figure sum.

Liverpool are also in for PSG's Ibrahim Mbaye, an 18-year-old right winger rated at £40m, having already signed Victor Munoz, who was part of Spain's World Cup-winning squad, for £34.5m.

But Araujo, whose initial loan fee will be much more modest, may prove to be a key signing.

BITTER BLUES HAVE A POINT

EVERTON fans are known as Bitter Blues for good reason.

Most of the chips on their shoulders relate to neighbours Liverpool, dating right back to 1892 when they were effectively evicted from Anfield and the Reds were formed to play in the stadium.

But anyone with any sense of justice must agree with the current complaints emanating from the Blue half of Merseyside.

They centre on the points deductions doled out to the club for breaching financial regulations, compared to those fines handed down to Chelsea by the Premier League and Football Association for what were far more serious offences.

Everton were hopelessly mismanaged for years, leading to them twice breaking Profit and Sustainability Rules and being docked six and two points respectively.

Yet Chelsea received no sporting sanction for nearly a decade of secretly paying agents and other parties millions in backhanders in transfer deals.

Those bungs greased the wheels of signing players such as Eden Hazard, who went on to play a huge role in on-field success.

It does not and should not matter that the most serious offences were committed in the Roman Abramovich era and the current owners 'fessed up after their takeover.

Chelsea were "worth" the £2.5billion BlueCo spent to acquire the club in 2022 after years of achievement which, it turns out, were partially built on rule-breaking – as well as billions extracted by Abramovich *(right)* from the Russian economy.

Some cheats do prosper, it seems.

If Manchester City are found guilty of any of the charges they deny and not punished more severely, Evertonians (and everyone else) will have every right to squeal some more.

WENGER . . . intelligent

Wenger can C it

SPEAKING to Arsene Wenger when he was Arsenal manager was one of the genuine pleasures of the job.

Unlike so many bosses and players at the top of the game, Wenger seemed to enjoy just chewing the fat with reporters, exchanging views and sharing his wisdom.

The moment the urbane Frenchman casually dropped the c-bomb in one of his briefings, much to the shock and delight of his audience, is just one fond memory.

But his statement welcoming the cancellation of the World Cup sell-off led by his Fifa boss Gianni Sycophantino was too little, too late.

It all feels a bit like when he used to claim, "I did not see the incident", after yet another Arsenal player received a red card.

Someone of Wenger's intelligence and stature can see exactly what Sycophantino is.

He knows the perfect word, in fact.

So Fery lonely

IT was frustrating for a stupid twisted ankle to stop a middle-aged plodder like me from running.

But injuries and ageing at least give a tiny insight into what it is like for pro athletes to be unable to perform.

Jack Draper's tears said it all as his left elbow gave up on him again at the Canadian Open.

And you could weep for British tennis at the moment with Emma Raducanu still recovering from the injury that kept her out of Wimbledon.

Arthur Fery *(above)*, your country needs you again at the US Open.

Little and Arg joke

ARGENTINA are behaving like a two-bit club releasing a DVD to celebrate one win over a rival or beating relegation.

National Football Teams Day next July 15 will mark the three-time world champs' semi-final win over England in Atlanta.

The rest of us should be equally petty four days later by taking to the streets with banners reading "The World Cup Is Spain's", on the anniversary of them beating Lionel Messi *(above)* and his thuggish bodyguards.

CARABAO CUP

AFC WIMB'DN (0) 1 NEWPORT (0) 1
Maycock 90 — Bamba 71
Att: 3,393
AFC Wimbledon win 5-4 on penalties.

BARNSLEY (0) 1 WIGAN (1) 1
McGeehan 81 — Costelloe 40
Att: 4,414
Barnsley win 6-5 on penalties.

BRADFORD (1) 2 ROCHDALE (0) 0
Swan 45
Baldwin 67

BRISTOL R (0) 0 PETERBORO (1) 1
Att: 4,810 — Leonard 20 (pen)

BROMLEY (1) 1 READING (1) 1
Cheek 33 — Stokes 14
Reading win 5-4 on penalties.

BURNLEY (0) 1 NOTTS CO (1) 1
Flemming 47 — Roberts 42
Burnley win 4-3 on penalties.

BURTON ALB (1) 1 BLACKBURN (0) 2
Scutt 14 — Gudjohnsen 81
Fevrier 88
Att: 2,839

CAMBRIDGE (0) 2 BARNET (0) 1
Knight 52 — Tshimanga 49
Heath 57 — Att: 3,521

CARDIFF (2) 3 SWINDON (1) 2
Salech 29 (pen), 43 — Osho 9 (og)
Moylan 77 — Glatzel 62
Att: 6,168

CHELTENHAM (0) 1 CHARLTON (3) 3
Miller 55 — Godden 22
Carey 24
Att: 3,119 — Campbell 37

COLCHESTER (0) 0 SOUTHMPTN (0) 2
Larin 72
Att: 5,822 — Akachukwu 90

CREWE (1) 2 ACCRINGTON (0) 1
Lankester 7 (pen) — Rawson 65
Moore 85

DERBY (1) 1 LINCOLN C (2) 2
Szmodics 45 — House 3
Att: 11,095 — Jefferies 23

FLEETWOOD (1) 1 CHESTERFLD (0) 0
Evans 14 — Att: 1,619

GILLINGHAM (0) 0 LUTON (1) 3
Wells 43, Benagr 59
Att: 4,015 — Kodua 78

GRIMSBY (0) 1 BLACKPOOL (1) 3
Rodgers 90 — Ennis 3
Bowler 58
Att: 4,817 — Kouassi 90

LEICESTER (1) 1 NORTHAMPTN (0) 0
Okoli 15

L ORIENT (0) 2 OXFORD UTD (0) 0
Mitchell 85 — Att: 3,783
El Mizouni 88

NORWICH (3) 4 MK DONS (0) 1
Toure 1
Ben Slimane 7
Chrisene 43
Brooks 59 — Wintle 56
Att: 20,066

PRESTON (0) 1 HUDDRSFLD (1) 1
Erabi 90 — Balker 38
Att: 6,120
Preston North End win 4-3 on penalties.

QPR (0) 1 MILLWALL (0) 1
Sykes 86 (og) — Cundle 53
Millwall win 2-0 on penalties.

ROTHERHAM (0) 1 WEST BROM (2) 4
Tavares 87 — Morgan 8, 61
Whitwell 24
Att: 4,850 — Myhre 55

SALFORD (0) 1 SHRWSBURY (0) 1
Malcolm 78 — Davison 48
Att: 1,936
Shrewsbury win 4-3 on penalties.

SHEFF WED (0) 1 BOLTON (0) 0
J Lowe 70

STOCKPORT (0) 1 DONCASTER (0) 1
Wootton 51 — May 50
Doncaster win 5-4 on penalties.

STOKE (0) 2 OLDHAM (0) 0
Norburn 48 (og) — Att: 10,157
Bozenik 82

SWANSEA (0) 0 BIRMINGHAM (1) 1
Att: 11,283 — Priske 44

WEST HAM (2) 3 PORTSMOUTH (1) 1
Castellanos 43, 50 — Segecic 33
Bowen 45 — Att: 53,369

WATFORD (0) 1 CRAWLEY TN (0) 0
Bola 90 — Att: 6,907

Played Friday

MIDDLESBRO (0) 1 WREXHAM (0) 0
Lankshear 61 — Att: 18,221

WOLVES (3) 3 PORT VALE (0) 0
Armstrong 14 — Att: 21,360
Andre Trindade 34
Lopez 43

WYCOMBE (1) 1 STEVENAGE (1) 2
Henderson 39 — Kemp 27
Att: 2,510 — Magennis 90

Played Thursday

BRISTOL C (0) 0 WALSALL (0) 1
Pressley 47

CARABAO CUP BEST OF

UNDETERRED . . . Ramsey will stay positive

RAM GETS RAIDED

By DAISY REDHEAD

AARON RAMSEY refuses to lick his wounds after a tough loss in his first competitive game as Oxford boss.

Leyton Orient.....2
Oxford United.....0

Leyton Orient winger Demetri Mitchell broke the deadlock in the 85th minute with a bouncing left-footed shot.

And the U's barely had time to regroup – before a defensive mishap left their former player Idris El Mizouni free to slot into the bottom corner.

Ex-Arsenal star Ramsey said: "This is only going to put us in a better place going forward. We won't get too low."

HEAD OF STEAM . . . Castellanos scores West Ham's third from a cross by skipper Bowen (inset)

MATCH STATS

WEST HAM		PORTSMOUTH
12	SHOTS	12
7	SHOTS ON TARGET	4
45%	POSSESSION	55%
341	PASSES	412
280	COMPLETED PASSES	331
21	TOUCHES IN OPP BOX	15
3	CORNERS	7
12	FOULS CONCEDED	19
1/0	YELLOW/RED CARDS	2/0

MATCH TIME: 101m 30s
BALL IN PLAY: 48m 40s

Dream Cast!

TATY & BOWEN FLYING FOR HAMMERS

By CHARLIE GORDON

JARROD BOWEN and Taty Castellanos served up a warning to West Ham's Championship rivals after tearing through Pompey.

West Ham.....3
Portsmouth.....1

Castellanos bagged a brace while skipper Bowen scored and assisted as the Hammers came from behind.

Both showed that the London Stadium bosses have pulled off a masterstroke by convincing them to stick around.

Boss Nuno Espirito Santo said: "Jarrod shows us his quality every day. I'm delighted our forwards are scoring, it's a boost of confidence for him and Taty.

"Jarrod has shown us his commitment – but it's not only him.

"Many of our players are committed and dedicating themselves to the club. We're going to need them all, it's going to be a long journey."

Nuno added: "Portsmouth created some problems for us. But the moment we started combining, we scored and then we played very well. The promise is good."

The Hammers made a pedestrian start that did not please the 53,000 crowd – a record for the Carabao Cup first round.

They included under-fire co-owner David Sullivan, who had ignored advice to steer clear of the ground.

And the hosts went behind to Adrian Segecic's deflected strike on 33 minutes. That was followed by a low drive from Pompey's new signing Rocco Shein.

But two minutes before the interval, Mohamadou Kante made ground on the left and cut the ball back to Castellanos, who turned it into the far corner.

Two minutes later, Bowen's shot from range took a deflection and left goalkeeper Nicolas Schmid stranded.

After the break Bowen pulled back to Castellanos, who forced a smart save.

On 50 minutes Bowen floated a perfect cross for Castellanos to power home.

Pompey boss John Mousinho fumed: "Five minutes of madness against a side like West Ham.

"If you give them that slight opening, then they're going to take it, because they've just got such quality all over the football pitch."

BANNAN . . . return

Bannan's banging

Sheff Wed.....1
Bolton.....0

By TONY BUGBY

BARRY BANNAN marked his Wednesday return by setting up Jamal Lowe's second-half winner.

Bannan, 36, who joined Millwall in January, lofted a trademark pass over Bolton's defence for the sub to lob keeper Jack Bonham on 70 minutes.

Owls boss Henrik Pederson, who started seven of his 13 signings, said: "Everything is moving in the right direction."

Bolton had midfielder Xavier Simons sent off on 56 minutes for retaliation after Harry Gray pulled his shirt.

Trotters chief Steven Schumacher admitted: "He lashed out, it was a poor decision, which he will be disappointed with.

"We were much the better team until the red card. We should have been out of sight."

Morgan revs up

Rotherham.....1
West Brom.....4

By SIMON YAFFE

BOSS James Morrison saluted Jimmy-Jay Morgan after his two-goal debut.

The striker, 20, joined West Brom on a free from Chelsea in June.

Morrison said: "I am really pleased with him but I still need to be on him.

"We can see his qualities and he is only going to get better."

Two more new-boys Harry Whitwell and Felix Horn Myhre also netted in Baggies' first EFL Cup win for FOUR YEARS.

Fabio Tavares got one back for Rotherham on 87 minutes.

Millers boss Alex Bruce admitted: "Thankfully, we will not be coming up against that level of opposition every week."

SCOTLAND

WILLIAM HILL PREMIERSHIP

	P	W	D	L	F	A	Pts
St Mirren	2	2	0	0	3	0	6
Dundee	2	1	0	1	2	1	3
Motherwell	1	1	0	0	2	1	3
Celtic	1	1	0	0	1	0	3
St Johnstone	2	1	0	1	4	4	3
Aberdeen	2	1	0	1	2	3	3
Dundee Utd	1	0	1	0	1	1	1
Rangers	1	0	1	0	1	1	1
Kilmarnock	1	0	0	1	3	4	0
Hearts	1	0	0	1	1	2	0
Hibernian	1	0	0	1	1	2	0
Falkirk	1	0	0	1	0	2	0

DUNDEE (1) 2 ABERDEEN (0) 0
Westley 9 — Att: 8,204
J Bevan 56

ST MIRREN (0) 1 ST JOHNSTNE (0) 0
Phillips 73 (pen) — Att: 6,544

Today: Hearts v Dundee Utd, Kilmarnock v Celtic (1.30) (Live on Sky Sports Main Event), Motherwell v Falkirk, Rangers v Hibernian (4.0) (Live on Premier Sports).

WILLIAM HILL CHAMPIONSHIP

	P	W	D	L	F	A	Pts
Partick	2	2	0	0	3	0	6
Ayr	2	1	1	0	3	1	4
Stenh'muir	2	1	1	0	3	1	4
Raith	2	1	1	0	3	2	4
Livingston	2	1	0	1	2	2	3
Dunfermline	2	0	2	0	1	1	2
Inverness CT	2	0	2	0	0	0	2
Arbroath	2	0	1	1	0	2	1
Queen's Park	2	0	0	2	1	4	0
Morton	2	0	0	2	0	3	0

DUNFERMLNE (1) 1 AYR (1) 1
A Tod 14 — McBeth 45
Att: 5,551

QUEEN'S PRK (0) 1 RAITH (1) 2
Mclean 77 — Telfer 39
Dowds 58 (pen)
Att: 866

ARBROATH (0) 0 INVERNESS (0) 0
Att: 1,381

STENHSMUIR (0) 2 MORTON (0) 0
Andersen 57
Stevenson 90 — Att: 675

Played Friday

PARTICK (2) 2 LIVINGSTON (0) 0
Crawford 4 — Att: 3,939
MacPherson 44 (og)

WILLIAM HILL LEAGUE ONE

AIRDRIE (0) 1 E KILBRIDE (0) 1
McLeish 82 (pen) — Fagan 65
Att: 1,047

EAST FIFE (0) 2 COVE (0) 0
Dow 80, Fairley 87 — Att: 696

HAMILTON (1) 1 ALLOA (0) 0
Blues 27 — Att: 803

QN OF STH (0) 0 PETERHEAD (1) 1
Att: 945 — Smith 41

ROSS CNTY (1) 2 MONTROSE (1) 1
Strapp 37 — Oliver 45 (pen)
Graham 86 — Att: 2,389

WILLIAM HILL LEAGUE TWO

DUMBARTON (0) 1 CLYDE (0) 0

ELGIN (1) 1 FORFAR (1) 1

KELTY (2) 3 STIRLING (0) 2

SPARTANS (0) 2 EDINBURGH C (1) 2

STRANRAER (0) 0 ANNAN ATH (0) 1

	P	W	D	L	F	A	Pts
Elgin	2	1	1	0	6	1	4
Spartans	2	1	1	0	6	4	4
Forfar	2	1	1	0	2	1	4
Stirling	2	1	0	1	4	3	3
Clyde	2	1	0	1	3	2	3
Kelty Hearts	2	1	0	1	3	3	3
Annan Athletic	2	1	0	1	3	4	3
Dumbarton	2	1	0	1	1	2	3
Stranraer	2	0	0	2	1	4	0
Edinburgh City	2	0	1	1	2	7	-4

*Edinburgh City deducted 5 points

Home Del-ivery

By JAKE SANDERS

DEREK McINNES wants Rangers to make Ibrox a fortress again.

The new Gers boss *(left)* takes charge of his first Premiership home game against Hibs today.

He will look to get their season going after a draw at Dundee United and Thursday's Europa League loss at Jagiellonia Bialystok.

Rangers won just 11 of their 19 league games in front of their own fans last term.

McInnes said: "We have to try to put more stress on opponents home and away – but especially when they come to Ibrox.

"We want them not to be able to cope, to be looking around at each other saying, 'Here they come again'. That's the mentality."

FIRST-ROUND GAMES

MILLWALL keeper Lukas Jensen incredibly saved all FOUR QPR penalties to send the Lions into the Carabao Cup second round.

Jensen *(right)* denied Ilias Chair, Harvey Vale, Koki Saito and Kwame Poku from the spot — on his first outing for 16 months.

Captain Jake Cooper and Mark Sykes were successful from 12 yards for the Lions.

Sykes' own goal four minutes from the end forced a shoot-out after Luke Cundle's 53rd-minute opener.

QPR.....1
Millwall.....1
Millwall won 2-0 on pens

Jensen said: "I thought, 'If it goes to penalties, I can be the hero'.

"Then it all came together — and worked out well.

"It's just a dream scenario. It's something I've been picturing."

FINE MESS FOR MARTIN

RUSSELL MARTIN called for patience as Leicester navigate a "messy" period of change.

Leicester.....1
Northampton.....0

Caleb Okoli's first-half header gave boss Martin a winning start to his reign and put Foxes in to the Carabao Cup second round at Northampton's expense.

A crowd of just 9,792 were at King Power Stadium as City prepare for life in League One – a decade after winning the Prem.

Martin said it will take time to implement his style of play with a new-look squad following back-to-back relegations. He said: "I'm really happy to win. Navigating change can be messy.

"We have to win but we will do that in a certain way that looks likes us. Hopefully the fans will understand that."

The Foxes kick off their League One campaign at Notts County on Saturday.

LANKSHEAR . . . shock

Will exit's now sub standard

By TOM BARCLAY

MIDDLESBROUGH new boy Will Lankshear was clueless about the EFL's new time-wasting rule — after becoming the first player to break it.

Lankshear, 21, who joined from Tottenham in July in a £20million deal, netted as Boro beat Wrexham 1-0 in the Carabao Cup on Friday.

But he was caught out by the new EFL law, which states players being substituted must leave the pitch inside ten seconds.

If they do not, their replacement can only enter at the first stoppage after 60 seconds have passed.

Lankshear was subbed off in the 81st minute, 20 minutes on from his overhead-kick worldie.

And his slow exit meant Fin Cartwright had a delayed introduction with Boro briefly down to ten.

Boro boss Kim Hellberg seemed aware of the new rule, urging his striker to speed up his exit.

But Lankshear admitted: "I didn't know!

"I haven't been in the referee meetings at the start of the year because I came from Tottenham.

"I now know to get off the pitch a lot quicker!"

VIEW TO A THRILL

Eckert needs new toys

By NEIL SILVER

IF TONDA ECKERT is going to succeed at the spying game, he could do with a visit to James Bond's mate, Q.

That is because, based on this showing, the Southampton boss *(below)* needs a few new gadgets.

At least Eckert's Saints squeezed their way into the second round, courtesy of sub Cyle Larin's 72nd-minute header and a lovely added-time solo goal from fellow sub Romeo Akachukwu.

And Eckert claimed: "It was a very professional and mature performance.

"It is not easy coming away in the first round and Colchester didn't make it easy for us.

"We needed sharpness, patience and quality, and we had that in the end, even if it didn't flow from the first minute.

"It is important that we can rely on the whole squad, with players contributing from the bench. That makes us strong."

This tie would not have attracted the attention it did had Southampton not been at the centre of the 'Spygate' saga last season.

The club admitted three EFL rule breaches for illicitly monitoring semi-final opponents Middlesbrough and two other teams.

Their punishment saw them kicked out of the play-off final against Hull, and they will start next weekend's Championship on minus-four points.

German Eckert fielded a strong team, including a debut for new midfielder Lewis Dobbin, signed from Aston Villa.

Colchester.....0
Southampton.....2

Yet it was Danny Cowley's U's who edged the first half – with Saints keeper Daniel Peretz making a triple save to deny Harry Anderson twice and then Jack Payne on 21 minutes.

Saints also needed a clearance off the line from Flynn Downes in the final minute, who hooked away Jack Tucker's header from Payne's corner.

Southampton's main threat came from Brazilian winger Leo Scienza, while Dobbin forced the only save of the half from debut-making keeper Thimothee Lo-Tutala.

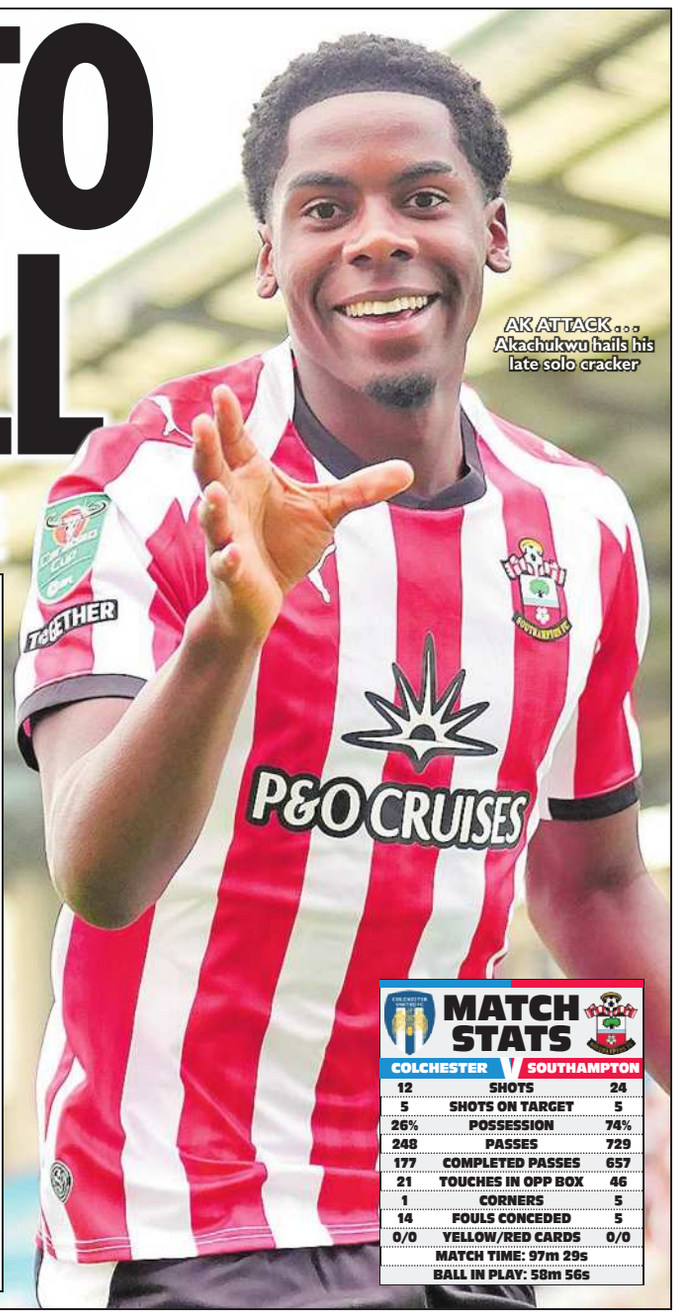
It was not until midway through the second half that the Championship visitors finally showed the gap between the sides when Ryan Manning crossed for Larin to head home at the far post.

Akachukwu – who was on loan at Colchester last season – produced a rare moment of quality, cutting in from the right and curling the ball home to seal the win.

U's boss Cowley said: "First half we had the best chances against one of the best Championship teams.

"I loved the belief we showed. The effort, attitude and mentality of the group was really strong."

And on old boy Akachukwu's worldie, he said: "It was a really good finish from him. I used to like him – but I don't any more."



AK ATTACK . . . Akachukwu hails his late solo cracker

MATCH STATS

COLCHESTER		SOUTHAMPTON
12	SHOTS	24
5	SHOTS ON TARGET	5
26%	POSSESSION	74%
248	PASSES	729
177	COMPLETED PASSES	657
21	TOUCHES IN OPP BOX	46
1	CORNERS	5
14	FOULS CONCEDED	5
0/0	YELLOW/RED CARDS	0/0
	MATCH TIME: 97m 29s	
	BALL IN PLAY: 58m 56s	

Cesar so Raul-istic

By GRAHAM HILL

NEW boss Cesar Peixoto says Wolves cannot put pressure on 'historic' Raul Jimenez to lead them back to the Premier League.

Molineux fans gave Jimenez a huge welcome when he came on as a sub against Port Vale in Friday's Carabao Cup win.

The Mexico striker, 35, left Wolves for Fulham three years ago but came back last month on a free.

And he has improved relations between supporters and club already after last season's relegation.

Peixoto said: "Raul is an historic player for Wolves.

"It's normal that the fans are happy about this.

"But the way the team plays, Raul needs other players to support him."

NON-LEAGUE

ENTERPRISE NATIONAL

AFC FYLDE (0)	2	WEALDSTONE (0)	2
ALTRINCHAM (1)	1	SOUTHEND (1)	3
BOREHAM W (1)	3	TAMWORTH (1)	3
BOSTON UTD (0)	0	ALDERSHOT (0)	1
CARLISLE (1)	2	WORTHING (0)	3
EASTLEIGH (1)	2	GATESHEAD (0)	1
FOREST GRN (0)	3	FC HALIFAX (1)	2
HARROGATE (1)	5	SOLIHULL M (0)	2
HARTLEPOOL (1)	2	BARROW (0)	0
HORNCHURCH (3)	3	K'MINSTER (0)	0
SCUNTHORPE (0)	1	YEOVIL (0)	1
WOKING (0)	0	SUTTON UTD (1)	3

ENTERPRISE NORTH

AFC TELFORD (0)	1	BRACKLEY (0)	2
BUXTON (1)	2	HEREFORD (0)	1
CHORLEY (0)	1	CHESTER FC (1)	2
DARLINGTON (0)	1	WORKSOP (1)	2
HEBBURN (2)	3	SOUTHPORT (0)	1
KING'S LYNN (0)	1	HARBOROUGH (1)	1
MARINE (0)	0	MACCLESFIELD (0)	1
MERTHYR (2)	2	HEDNESFORD (0)	0
MORECAMBE (0)	1	SPENNYMOOR (1)	1
OXFORD C (0)	1	BEDFORD TN (0)	0
RADCLIFFE (0)	0	SPALDING (0)	2
SCARBOROUGH (0)	0	STH SHIELDS (1)	1

ENTERPRISE SOUTH

BILLERICAY (1)	2	DOVER (0)	0
BRAINTREE (0)	0	TONBRIDGE (2)	4
DORKING (0)	0	DAG & RED (1)	1
FARNHAM (0)	0	AFC TOTTON (0)	1
FOLKESTONE (3)	5	WALTON & H (0)	1
HEMEL HEMP (0)	1	CHELMSFORD (1)	1
MAIDSTONE (0)	1	FARNBORO (1)	2
SALISBURY (1)	5	HAMP & RICH (0)	0
SLOUGH	P	EBBSFLEET	P
TORQUAY (1)	1	HORSHAM (0)	1
TRURO CITY (2)	2	MAIDENHEAD (0)	0
WESTON-S-M (1)	3	CHESHAM (0)	0

ENTERPRISE NATIONAL

	P	W	D	L	F	A	Pts
Harrogate Tn	1	1	0	0	5	2	3
Hornchurch	1	1	0	0	3	0	3
Sutton Utd	1	1	0	0	3	0	3
Southend	1	1	0	0	3	1	3
Hartlepool	1	1	0	0	2	0	3
Forest Green	1	1	0	0	3	2	3
Worthing	1	1	0	0	3	2	3
Eastleigh	1	1	0	0	2	1	3
Aldershot	1	1	0	0	1	0	3
Boreham Wood	1	0	1	0	3	3	1
Tamworth	1	0	1	0	3	3	1
AFC Fylde	1	0	1	0	2	2	1
Wealdstone	1	0	1	0	2	2	1
Scunthorpe	1	0	1	0	1	1	1
Yeovil	1	0	1	0	1	1	1
Carlisle	1	0	0	1	2	3	0
FC Halifax	1	0	0	1	2	3	0
Gateshead	1	0	0	1	1	2	0
Boston Utd	1	0	0	1	0	1	0
Altrincham	1	0	0	1	1	3	0
Barrow	1	0	0	1	0	2	0
Solihull Moors	1	0	0	1	2	5	0
Kidderminster	1	0	0	1	0	3	0
Woking	1	0	0	1	0	3	0

ENTERPRISE NORTH

	P	W	D	L	F	A	Pts
Hebburn Town	1	1	0	0	3	1	3
Merthyr Town	1	1	0	0	2	0	3
Spalding Utd	1	1	0	0	2	0	3
Brackley	1	1	0	0	2	1	3
Buxton	1	1	0	0	2	1	3
Chester FC	1	1	0	0	2	1	3
Worksop Town	1	1	0	0	2	1	3
Macclesfield FC	1	1	0	0	1	0	3
Oxford City	1	1	0	0	1	0	3
South Shields	1	1	0	0	1	0	3
Harborough	1	0	1	0	1	1	1
King's Lynn Tn	1	0	1	0	1	1	1
Morecambe	1	0	1	0	1	1	1
Spennymoor Tn	1	0	1	0	1	1	1
AFC Telford	1	0	0	1	1	2	0
Chorley	1	0	0	1	1	2	0
Darlington	1	0	0	1	1	2	0
Hereford FC	1	0	0	1	1	2	0
Bedford Town	1	0	0	1	0	1	0
Marine	1	0	0	1	0	1	0
Scarborough A	1	0	0	1	0	1	0
Southport	1	0	0	1	1	3	0
Hednesford Tn	1	0	0	1	0	2	0
Radcliffe	1	0	0	1	0	2	0

ENTERPRISE SOUTH

	P	W	D	L	F	A	Pts
Salisbury FC	1	1	0	0	5	0	3
Folkestone Inv	1	1	0	0	5	1	3
Tonbridge	1	1	0	0	4	0	3
Weston-S-Mare	1	1	0	0	3	0	3
Billericay	1	1	0	0	2	0	3
Truro City	1	1	0	0	2	0	3
Farnborough	1	1	0	0	2	1	3
AFC Totton	1	1	0	0	1	0	3
Dag & Red	1	1	0	0	1	0	3
Chelmsford	1	0	1	0	1	1	1
Hemel Hemp	1	0	1	0	1	1	1
Horsham	1	0	1	0	1	1	1
Torquay	1	0	1	0	1	1	1
Ebbsfleet Utd	0	0	0	0	0	0	0
Slough	0	0	0	0	0	0	0
Maidstone Utd	1	0	0	1	1	2	0
Dorking	1	0	0	1	0	1	0
Farnham Town	1	0	0	1	0	1	0
Dover	1	0	0	1	0	2	0
Maidenhead	1	0	0	1	0	2	0
Chesham Utd	1	0	0	1	0	3	0
Walton & Hersh	1	0	0	1	1	5	0
Braintree Town	1	0	0	1	0	4	0
Hampton & R	1	0	0	1	0	5	0

NORTHERN PREMIER

AVRO 2 Quorn 1, Ashton Utd 4 Lancaster City 1, Cleethorpes Town 2 Bamber Bridge 0, Curzon Ashton 1 Alfreton Town 0, Gainsborough Trinity 2 Workington 0, Guiseley 1 Warrington Town 2, Hyde Utd 0 Emley AFC 0, Ilkeston Town 1 Stockton 0, Leek 1 Whitby 2, Redcar Athletic 0 Bury FC 0, Warrington Rylands 3 FC United of Manchester 0.

ISTHMIAN PREMIER

AFC Whyteleafe 0 Carshalton Ath 2, Aveley 2 Eastbourne Borough 2, Brentwood Town 2 Burgess Hill Town 0, Cheshunt 0 Stanway Rovers 0, Dulwich 6 Maldon & Tiptree 0, Lewes 0 Enfield Town 4, Ramsgate 1 Leatherhead 2, St Albans 3 Chatham Town 1, Three Bridges 2 Dartford 3, Welling 2 Whitehawk 0, Wingate & Finchley 1 Cray Wanderers 1.

SOUTHERN PREMIER SOUTH

Basingstoke Town 2 Evesham Utd 4, Berkhamsted 2 Havant and W 0, Chichester City 1 Poole Town 2, Frome Town 2 Wimborne Town 0, Gloucester 0 Chertsey Town 1, Hanworth Villa 2 Taunton Town 0, Malvern Town 2 Hanwell Town 2, Plymouth Parkway 7 Bracknell Town 0, Sholing 1 Bath City 0, Uxbridge 2 Chippenham 0, Yate Town 1 Gosport Borough 0.

SOUTHERN PREMIER CENTRAL

Anstey Nomads 1 Leiston 1, Bishop's Stortford 0 Banbury Utd 0, Bury Town 1 Halesowen Town 0, Kettering 1 Alvechurch 0, Needham Market 1 Bromsgrove Sporting 3, Racing Club Warwick 1 Peterborough Sports 1, Real Bedford 4 Leamington 2, Redditch Utd 1 Leighton Town 1, Rushall Olympic 2 Hitchin Town 1, Stourbridge 2 Stamford 0, Stratford Town 1 Worcester City 1.

WELSH PREMIER - Airbus UK Broughton 0 Cardiff Met Uni 2, Ammanford 2 Colwyn Bay 2, Caernarfon Town 1 Penybont 2, Cambrian United 1 Briton Ferry 1, Flint Town 2 Barry Town 3, Holywell Town 1 Connah's Quay Nomads 3, The New Saints FC 2 Haverfordwest County 0, Trefelin BGC 0 Llandudno 4.

PALHINHA . . . Villa talks

Emery's eyeing a new Pal

By GRAHAM HILL

ASTON VILLA are in talks with Bayern Munich over Joao Palhinha — as they near a deal for Atletico Madrid defender Matteo Ruggeri.

Villa want Portuguese midfield enforcer Palhinha, on loan at Tottenham last season, with Amadou Onana likely to be out injured for the season.

Palhinha, 32, was previously with Fulham.

And Villa's director of football, Damian Vidagany, confirmed talks with the German giants as boss Unai Emery is a big fan.

Vidagany said: "We need a midfielder as Onana is out for the entire season. Palhinha is a very good player who fits our plans.

"We are in talks but there is no agreement yet.

"If something happens, it would always be based on the great respect we have for Bayern.

"Villa would be a great club for him. In the league, six or seven clubs have a bigger budget than us.

"Nevertheless, we have qualified for international competitions every year for the past four years.

"That is down to our project, our work as a team and Unai Emery, who is one of the best coaches in the world."

Villa are set to spend about £17million on Italian left-back Ruggeri, 24, with Lucas Digne heading for Paris Saint-Germain.

A deal is thought to be close with the player accepting Villa's offer.

Nestory is history

By GARETH DAVIES

WATFORD striker Nestory Irankunda should complete a £15million move to Sporting Lisbon tomorrow.

The Australian, 20, who scored in the World Cup against Turkey, joined the Championship Hornets for £2m from Bayern Munich just over a year ago.

But the Hornets will not get the full £13m profit because Bayern inserted a 40 per cent sell-on clause.

Irankunda looked disgruntled for Watford last season but was a World Cup whizz in the summer.

He has since appeared in one pre-season friendly and played no part in yesterday's home 1-0 Carabao Cup win over Crawley — but after the match Irankunda was mobbed by hundreds of fans outside Vicarage Road.

Sporting will hope he is another Viktor Gyokeres.

They paid Coventry, then in the second tier, £20m for the Swede in 2023 — and sold him to Arsenal for £56m two years later.

PREM

TOTTENHAM FUME

Flipping Hecke

FRIENDLY FIRE . . . Van Hecke slammed Getafe's physical approach

JAN RAPS GETAFE BRUISERS

JAN PAUL VAN HECKE says Getafe's roughhouse tactics would have earned them THREE red cards in a proper game.

By TOM BARCLAY

Tottenham drew 1-1 with the LaLiga outfit in a behind-closed-doors match at their training ground — with Conor Gallagher cancelling out Alberto Risco's opener.

But the 70-minute encounter did not feel much like a friendly at all, with Getafe, who have a reputation for being physical, putting in several strong challenges.

Shoving matches ensued from two such incidents, with £92.5million signing Sandro Tonali left particularly upset late on.

Centre-back Van Hecke, who like Tonali joined this summer in a £52m deal from Brighton, said: "Sometimes it's good to have a physical game. But this was a bit too much. Sometimes it is not necessary, especially in a friendly.

"In a normal game maybe they have two or three red cards.

"We knew beforehand that they can do it. But then it's a friendly, so sometimes you think maybe a bit less.

"On the other side, we also need to be at our top because if you don't put in your foot, then they are going to win it.

"If that's what the game asks, you also need to put your foot in and battle with them — otherwise they win the battles. That's what you don't want.

"You saw sometimes it got a bit heated but that's because of the reaction — if you get kicked, then you're going to react."

Tottenham had plenty of the ball and looked far more solid as a unit than they have over the past few years but lacked ruthlessness in front of goal.

Boss Roberto De Zerbi made two changes to the XI that started against Chelsea in Sydney, with Mikey Moore — who copped particularly rough treatment — and Richarlison coming into the side.

Moore, 18, took the place of Manor Solomon, who is set to join London rivals West Ham.

Keeper Guglielmo Vicario, likely to leave soon, was among the subs for the first time this summer.

But there was no sign of Dominic Solanke, Micky van de Ven, Mateus Fernandes or James Maddison — although Spurs were playing another intra-squad friendly later in the day which SunSport understands was due to involve other first-team players.

Ben Davies missed the best chance of the first half when planting his free header from Andy Robertson's cross straight at the keeper.

Risco then gave Getafe the lead against the run of play after a clever one-two and a fine finish which gave Antonin Kinsky no chance.

Yet Gallagher *(left)* restored parity shortly after, racing on to a ball Richarlison had managed to keep alive while being bundled over, before finding the corner with a laser-like finish.

Richarlison should have won it at the end when Mathys Tel's sumptuous ball picked him out but, like Davies in the first half, the Brazilian aimed his free header straight at the keeper.

It served as a reminder that for all the £229.5m splashed on fresh blood this summer, De Zerbi is still very much in need of better quality up top.

ROMERO'S NO SOL

From Back Page

this summer — despite the Prem champions monitoring developments.

Campbell was a free agent when he joined the Gunners, so Spurs could not stop him leaving, but Romero still has three years left on his contract.

That rules out what would be the most explosive move of the summer transfer window — though Romero, 28, is still expected to leave.

Boss Roberto De Zerbi snapped up Jan Paul van Hecke from Brighton for £52million as his replacement and signed Bournemouth's Marcos Senesi.

Atletico head coach Diego Simeone is a huge fan of his compatriot.

The Spanish club tried to sign Romero last summer before then-boss Thomas Frank convinced the defender to extend his contract and named him captain.

Atletico are believed to be readying a fresh bid for £40m-rated Romero, financed by the sales of three players.

They include Italian left-back Matteo Ruggeri, who is close to a £17m switch to Aston Villa. Romero's fellow Argentine Nahuel Molina will head to Roma in a deal worth up to £14.5m.

While Thiago Almada, another international team-mate of Romero, is expected to join River Plate for £17m.

Inter are also keen on Romero but have yet to strike an agreement with the player over personal terms.

Arsenal are in the market for a new centre-back with Frenchman William Saliba's back injury set to sideline him for a lengthy spell.

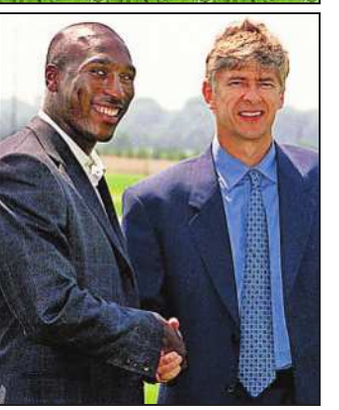
SunSport revealed their interest in free agent John Stones earlier this summer but he opted to join Inter.

Meanwhile, Tottenham have agreed a deal to sell winger Manor Solomon to West Ham.

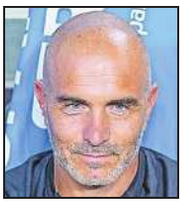
The Hammers will pay £5m for the Israeli, with another £2m in add-ons.

Solomon, who did not take part in Spurs' 1-1 friendly draw with Getafe yesterday, is set to sign an initial three-year deal with the Irons.

He joined Tottenham on a free in 2023 after leaving Shakhtar Donetsk — following Russia's invasion of Ukraine — but has featured in only six competitive games for the club.



SHOCK . . . Campbell joins Wenger's side in 2001



MARESCA . . . braced

ALERT

From Back Page

Deco is ready to test the resolve of the Prem side again, with confidence high at the Nou Camp that they can get a deal done this month.

Rodri, who has been in the North West for the last seven years, is believed to be keen to return to his homeland.

Despite having minor back surgery a couple of weeks ago, he is due back at his current employers this week.

Maresca's men finish their Far East tour with a game against the mid-fielder's old club Atletico Madrid today.

They will then fly back to Manchester and, by Wednesday, the new boss expects to have his full squad in training at the City Football Academy.

Whether that will include Rodri remains to be seen, with Barcelona determined to get their man despite their recent financial problems.

Meanwhile, City will be on the look-out for a replacement if Rodri does go.

Even though Nico Gonzalez, who they signed for £50m in January last year, plays in a similar position.

The Etihad giants have already spent £116m on Elliot Anderson and are hoping to complete a move for Lille's Ayyoub Bouaddi, the Morocco ace, 18, valued at £85m.

Antoine Semenyo and Marc Guehi have also arrived this year but question marks remain over Rodri and winger Savinho.

PREM COUNTDOWN

12 DAYS TO GO

SUNDERLAND were unbeaten in their first 12 Prem home games last season — the longest run by a promoted side from the start of a season.

Manager Regis Le Bris *(below)* and his Black Cats finished seventh last term, the highest newly-promoted finish since Wolves in 2018-19 (also 7th). Prior to that, Ipswich ended up fifth in 2000-01.

PREM LEWIS IS UPBEAT

WE'RE NOT IN LAP OF THE RODS

GLORY BOY... Rodri celebrates with World Cup trophy and is eyeing a return home to Spain

Rico: City can cope if icon joins Barca

RICO LEWIS is adamant Enzo Maresca's plans will not be ruined if legend Rodri leaves for Barcelona this week.

From MARTIN BLACKBURN in Seoul

Boyhood Manchester City fan Lewis has been around the Etihad first team for the last four years.

He is fully aware of the 2024 Ballon d'Or king's impact at the club – not least with his winner in the Champions League final three years ago.

Many of the players in that 2023 Treble-winning squad – when Maresca was an assistant to Pep Guardiola – have now moved on.

The exodus could continue with Rodri, 30, in the coming days but Lewis believes the new boss will be ready for whatever happens.

Asked how big a loss playmaker Rodri would be, Lewis said: "I don't think I need to say that.

"Everyone in the world knows how good he is – you just have to look at his accolades.

"But it's football. People leave, people stay. I don't think it changes the landscape of anything the manager wants to do here."

John Stones, Bernardo Silva and Nathan Ake are the latest senior Etihad stars to depart – with Spaniard Rodri set to join them.

It leaves Lewis as one of only a handful of players still on the pay roll who were in the squad on that magical night in Istanbul when City beat Inter Milan.

The England man could have left last summer when Nottingham Forest were keen – but City held on to their academy product and he hopes to make the most of it.

Though not 22 until November, Lewis *(right)* is almost one of Maresca's senior players now.

Smiling, Lewis said: "It's strange – I'm still quite young but I definitely feel like that with the players leaving. It's part of football – I'm just excited to see what the future holds.

"I've known Enzo since the Treble season, a lot of the players know him. From the first week he was direct and clear, very honest.

"The patterns and the way he wants us to work is clear.

"He wants us to have the new ideas. It's now about implementing them on the pitch."

Meanwhile, City legend Shaun Wright-Phillips prays Rodri stays another season – but can see why he is tempted to return home.

The pass master was player of the tournament as he captained Spain to World Cup glory last month – and Real Madrid have chased him along with Barca.

Wright-Phillips, 44, said: "You've got to expect teams like that will want possibly the best holding midfielder in the world.

"You don't get named player of the World Cup without somebody somewhere sniffing around.

"He is Spanish, his team-mates are there and it's Barcelona! There's so much that would appeal.

"You can understand his position, he came to City seven years ago – he's been an amazing servant."

City have paid a club-record £116million to sign Elliot Anderson from Forest, while Nico Gonzalez was called a 'mini Rodri' by ex-manager Guardiola.

But SWP said: "I don't think we have another player quite like him.

"So I'm hoping he stays because, as a City fan, I love watching him.

"Anderson could fill the role but it will take time. If Rodri goes, the tactics are going to be different."

FODEN . . . boost

Phil eyes lead role for Enzo

By MARTIN BLACKBURN

ENZO MARESCA will break with tradition and pick his own Manchester City captain for his first season in charge.

And the new Etihad boss wants an English player to be part of his leadership committee — which could be a boost for Phil Foden.

City had a custom of letting the players decide who they want as skipper until Pep Guardiola ripped it up last summer.

Guardiola named Bernardo Silva club captain — but he has moved to Real Madrid this summer.

Rodri also wore the armband on occasions but looks increasingly likely to be off to Barcelona.

That leaves Ruben Dias and Erling Haaland from last season's four-man leadership group.

Foden, 26, admitted last week he feels he needs to be part of the new set-up as the longest-serving player still in the squad.

Italian Maresca has told his coaching staff an English player will be on the committee – although centre-back Marc Guehi is certain to come into the reckoning, too.

Guardiola's decision to give his players the power included the season when Maresca was his assistant manager. That campaign saw Ilkay Gundogan lead City to the Treble in 2023.

However, it changed when Kyle Walker was elected but then asked to leave in January 2025.

Pep stepped in ahead of last summer's Club World Cup and picked Silva, even though it was always likely to be the Portuguese star's final season at City.

Rulli's on way back

MANCHESTER CITY have agreed a deal to bring keeper Geronimo Rulli back to the club.

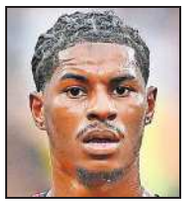
The 34-year-old Argentine *(below)* — currently with Marseille — was sold by City nine years ago.

But he will return to the Etihad in a move worth up to £1.7million. Rulli was on City's books in 2016 but went on loan to Real Sociedad without playing a game.

The Spanish club made the move permanent but he has since played for Montpellier, Ajax and Villarreal.

New City Enzo Maresca needed a new back-up keeper after James Trafford was sold to Leeds.

Maresca said: "There are players like James that didn't play more games. It's normal they are sad."



RASHFORD . . . reunion

A Rash reunion

From SAMUEL LUCKHURST

MICHAEL CARRICK has confirmed that Marcus Rashford's reunion with Manchester United is imminent after 18 months away from the club.

Rash, 28, is due to join the Red Devils' training camp in Dublin ahead of Wednesday's friendly with Leeds at Croke Park.

The England star has not played for United since a Europa League tie at Viktoria Plzen in December 2024 — spending spells on loan at Aston Villa and Barcelona — and has missed pre-season so far on a post-World Cup break.

Carrick acknowledged he and Rashford have 'history' — he was United's captain when the forward made his debut against Midtjylland in February 2016 and has coached and managed him.

On the tour, Carrick said: "We fly straight there and have a few days in Dublin where we have the whole squad — including Marcus, Kobbie Mainoo and Lisandro Martinez."

Sport

COVENTRY are eyeing ex-Manchester United starlet Angel Gomes. Marseille midfielder Gomes, 25, would like a permanent Premier League return after a loan spell at relegated Wolves last season.

SHORT

Ron's in at Reds

By CHRIS HUGHES

LIVERPOOL have agreed to sign Ronald Araujo on loan from Barcelona — to help solve boss Andoni Iraola's defensive crisis.

But the centre-back will arrive after a tough year.

Araujo, 27, was granted indefinite leave by Barca in December 2025.

Two months later, the Uruguayan, whose season-long loan includes an option to buy, revealed he had been living with depression for 18 months.

Barca welcomed him back by letting him lift the Spanish Super Cup trophy after January's 3-2 victory over Real Madrid.

At the time, Araujo said: "I had anxiety and then it turned into depression.

"Now I feel like a totally different person."

Araujo, who can also play right-back, will provide cover — as the Reds are currently without Jeremy Jacquet, Giovanni Leon, Joe Gomez and Connor Bradley due to injury.

He is set to undergo a medical this weekend.

Dan King on the Reds — P55

PREMIER LEAGUE CARRICK

CRED DEVIL . . . Bryan Mbeumo fires home leveller for United against PSG in pre-season friendly in Sweden

Muddle in

UTD MUST SPEND ON ENGINE ROOM

MANCHESTER UNITED'S corner cutting in midfield looks like it will cost them — after ANOTHER injury scare for Mason Mount.

From SAMUEL LUCKHURST in GOTHENBURG

Red Devils chiefs have already strengthened in their engine room with the additions of Andrey Santos and Youri Tielemans but they still need to dip back into the market.

Mount is not an out-and-out central midfielder — and his injury record is awful — while United have no available No 6 option.

England man Mount, 27, has played just 72 games in his three years since joining from Chelsea.

And seeing him limp off yesterday in a 1-1 friendly draw with Paris Saint-Germain here in Gothenburg showed why boss Michael Carrick simply cannot rely on him.

Mount has featured in every pre-season game but hobbled off inside 20 minutes against PSG and Carrick will now be sweating on his fitness two weeks away from their Prem opener at newly-promoted Hull.

Mount was moving relatively freely and got on the ball while Tyler Fletcher waited to replace him, suggesting his exit was precautionary.

And Carrick confirmed: "He got kicked and we wanted to be careful and look after him."

But £35million Tielemans at least appeared for the first time in a red shirt and his nous will help.

Yet United are already asking too much of the raw Andrey Santos, who only had one season of Prem football under his belt at Stamford Bridge before joining for £48m.

Kobbie Mainoo will return from his post-World Cup break for the Dublin training camp, which begins today.

But as admirable — and overdue — as United's sensible spending is, they are leaving it late with three more key players needed and the window only open for another three weeks.

In the current market, sizeable sums have to be paid for quality reinforcements . . . and Old Trafford chiefs are reluctant to fork out top dollar.

It should not take a potential Mount injury to spur them into action.

Bryan Mbeumo — signed from Brentford last summer for £65m — continues to look smart business and he made it three goals in his last two pre-season outings when his 32nd-minute strike earned United a draw.

But Carrick's backline is also a concern and that was evident inside 120 minutes against the French giants.

One pass from winger Khvicha Kvaratskhelia down their right-hand side, and 18-year-olds Dro Fernandez and Ibrahim Mbaye — a Liverpool target — combined for the latter to score.

Carrick had seemed to be gearing up for the start of the season with the right-foot-left-foot combo of Harry Maguire and Ayden Heaven.

But both were found wanting for superkid Mbaye's tap-in.

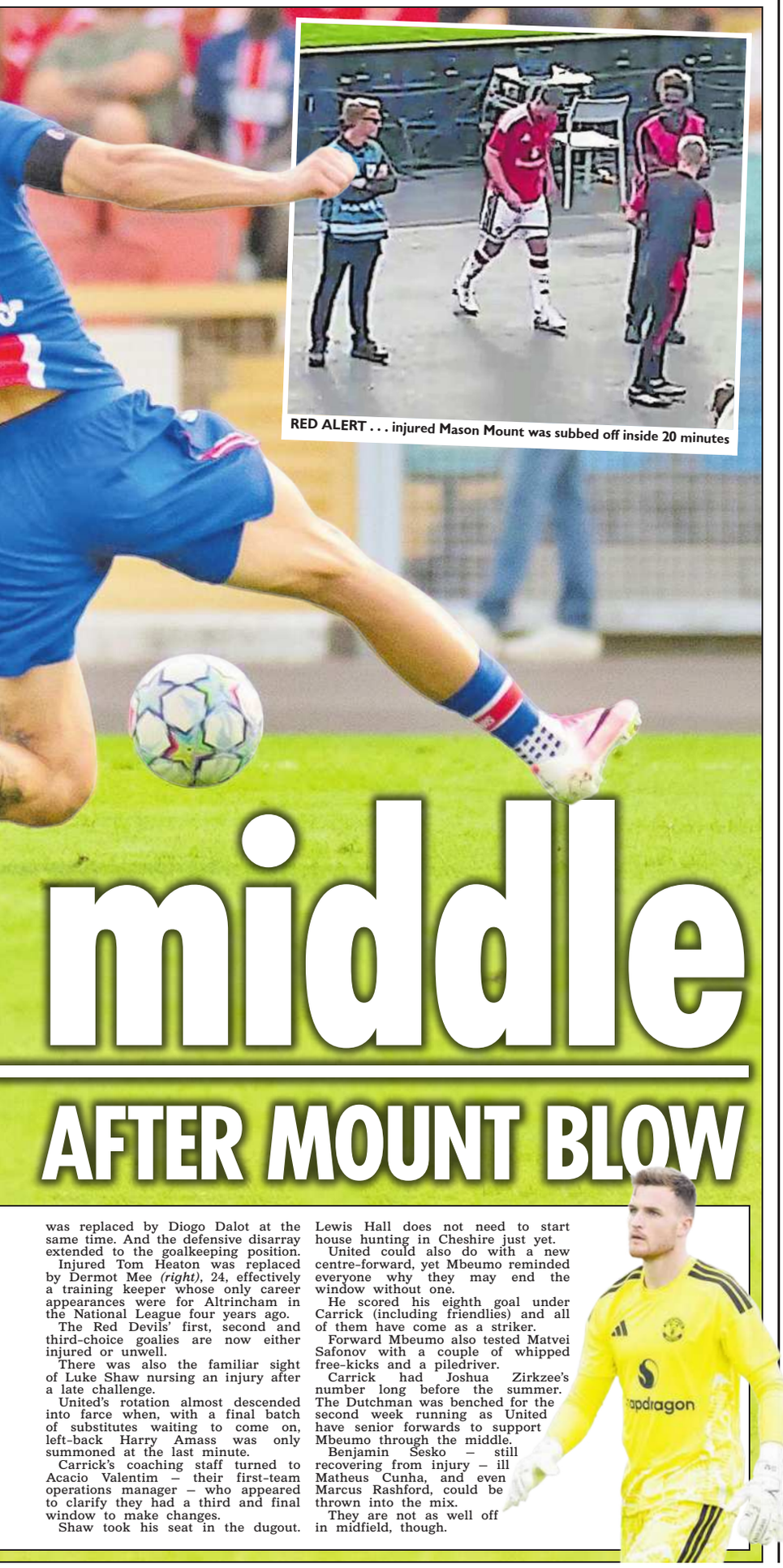
For the second game running, Maguire, 33, looked off the pace. The 19-year-old Heaven, often at the scene of the crime, was also ball watching.

Leny Yoro, 20, started at right-back in the first three friendlies but was axed as Carrick favoured the seniority of Maguire — captain in pre-season — and the returning Noussair Mazraoui.

Heaven's defensive lapse was compounded by an errant pass, a reckless foul on Kvaratskhelia and a booking.

Such mistakes are inevitable from a young centre-half and, tellingly, Carrick hooked Heaven for Frenchman Yoro at the interval. Mazraoui

COUNTS COST



RED ALERT . . . injured Mason Mount was subbed off inside 20 minutes

middle AFTER MOUNT BLOW

was replaced by Diogo Dalot at the same time. And the defensive disarray extended to the goalkeeping position.

Injured Tom Heaton was replaced by Dermot Mee *(right)*, 24, effectively a training keeper whose only career appearances were for Altrincham in the National League four years ago.

The Red Devils' first, second and third-choice goalies are now either injured or unwell.

There was also the familiar sight of Luke Shaw nursing an injury after a late challenge.

United's rotation almost descended into farce when, with a final batch of substitutes waiting to come on, left-back Harry Amass was only summoned at the last minute.

Carrick's coaching staff turned to Acacio Valentim – their first-team operations manager – who appeared to clarify they had a third and final window to make changes.

Shaw took his seat in the dugout. Lewis Hall does not need to start house hunting in Cheshire just yet.

United could also do with a new centre-forward, yet Mbeumo reminded everyone why they may end the window without one.

He scored his eighth goal under Carrick (including friendlies) and all of them have come as a striker.

Forward Mbeumo also tested Matvei Safonov with a couple of whipped free-kicks and a piledriver.

Carrick had Joshua Zirkzee's number long before the summer. The Dutchman was benched for the second week running as United have senior forwards to support Mbeumo through the middle.

Benjamin Sesko – still recovering from injury – ill Matheus Cunha, and even Marcus Rashford, could be thrown into the mix.

They are not as well off in midfield, though.

JOAO ABOUT THAT . . . Pedro heads home Chelsea's opener from Caicedo's corner

Blues Austin powered by set-piece guru

By LLOYD CANFIELD

WATCH out Arsenal, there might be new set-piece kings in town.

That is after Chelsea showcased their latest lethal weapon by scoring twice from corners to stroll to a commanding 3-0 victory over Ruben Amorim's dismal AC Milan in Jakarta.

That fresh threat comes in the form of their high-profile recruitment from Aston Villa – not Morgan Rogers, but set-piece guru Austin MacPhee.

It is no secret the last top-flight season was defined by set-pieces.

And with champions Arsenal laying down the blueprint, it turns out improving your coaching staff might genuinely be the smartest, cheapest way to spend your way to the Premier League title.

Chelsea's new long-haired Scot *(bottom)* might look like he should be playing drums in a rock band, but he is the latest set-piece star ready to launch Xabi Alonso's Blues right to the top of the table.

Or the set-piece table, at least.

The West London club paid an undisclosed release clause to snap the coach up from Villa after severely struggling to defend dead-ball situations last term.

But on this evidence, he is already making a staggering difference at the other end of the pitch.

It should not come as a surprise, given Villa fans spent last season chanting "Austin MacPhee, ole, ole" after winning the Europa League – partly thanks to an opening goal carved straight from one of his training-ground routines.

During a chaotic campaign under three different head coaches, Chelsea finished as the 11th-best team for set-piece goals, scoring **ELEVEN** fewer than table-topping Gunners and five fewer than MacPhee's clever Villa, who ranked third best.

If this display is anything to go by, those numbers are about to skyrocket.

Moises Caicedo was the provider for Joao Pedro's opener, whipping in a corner that bypassed Milan's front-post 'blockers' – a technique used often by MacPhee at Villa last season.

The ball landed on the noggin of the Brazilian striker, who made no mistake by heading firmly into the ground and up into the roof of the net.

Pedro tapped in again early in the second half, before another stroke of dead-ball genius sealed the third.

This time, MacPhee concocted an entirely different routine from the sideline alongside Alonso.

Romeo Lavia lofted a corner directly onto Caicedo's right boot, and the midfielder's terrific volley carried just enough backspin to take one bite on the turf and bend out of reach of Lorenzo Torriani in the Milan goal.

Of course, MacPhee will have more on his plate tightening up the backline.

Alonso's side were barely troubled by Amorim's toothless side in Indonesia, with Robert Sanchez not being forced into a single save all match.

The Chelsea boss *(left)* was beaming at a 'complete performance' by his side.

He said: "We have really improved and learned a lot in these two weeks. So it's been good."

"It has been a good game. It was a really complete performance from the players.

"We know we are adapting in too many circumstances here in the tour with players coming in. But I think it's been very complete performance in a great stadium, on a great pitch."

One of the things Chelsea are adapting to is playing a back three, as Alonso did at Bayer Leverkusen.

He added: "Today, it worked really well, but we'll keep developing ideas.

"I think today all the lines worked pretty well. They were quite connected.

"We saw great actions, great combinations, and this is positive. It's going to be exciting to follow this process."

One thing they need to develop is defending set-pieces – which is where MacPhee, fresh from his defensive success at Villa, comes in again

That is where the most obvious improvement must happen.

Fortunately, with Chelsea missing out on European competition this year, MacPhee will enjoy precious extra time on the Cobham training pitch to drill his methods into the squad.

He will certainly get far more time than former deadball coach Bernardo Cueva ever had at his disposal.

If MacPhee does manage to get his methods working at both ends of the pitch, we could soon be hearing "Set-piece again, ole, ole" coming from west London – instead of the north of the capital.

DRAMA . . . Elanga goes off after shocking tackle

Fiery start for Jaissle

ANTHONY ELANGA somehow avoided serious injury on a dramatic first night in the Newcastle dugout for boss Matthias Jaissle.

The Toon forward was on the receiving end of a horror tackle from Valencia's Jose Luis Gaya – which saw him carried off and the Spaniard red carded.

Elanga received five minutes of treatment as anger threatened to boil over, with Jaissle exploding over the nature of the challenge.

Fortunately, the Swede was soon up and walking in the dressing room and appears to have escaped with only a bruised shin, much to the relief of his boss.

The ugly moment capped what had been a disappointing start before the fightback.

By GARY STONEHOUSE

Following Filip Ugrinic's early opener, a Yoane Wissa double made it 2-1 as he and new signing Bazoumana Toure stole the show to seal a come-back victory in Spain.

It was a bit of a boost for Newcastle after losing captain Bruno Guimaraes to Arsenal yesterday.

This week at Toon's pre-season La Manga camp, club officials boasted about sprint records being broken in training under German Jaissle, with 'intensity' a particular buzzword.

But less than four minutes were on the clock when Ugrinic was given time to curl home from 25 yards.

It was a good strike but Newcastle will need more from new No1 Lukas Hornicek – who joined on Monday in a £25.7million move – once the real stuff starts.

Miscommunication with Sven Botman almost led to the defender heading over the onrushing keeper for a second, too, only for the ball to bounce a yard wide.

Newcastle wanted a penalty when William Osula was sent tumbling by Gaya, and Elanga had an effort ruled out for offside before his night was cut short.

Fuelled by anger over the tackle and with a man advantage, we began to see glimpses of the "high-energy football" fans had been promised.

Wissa, desperate to impress after a shocking first season at the club, equalised seven minutes after coming on at the break.

Fellow sub Toure forced a panicking defender into trying to pass back to his goalkeeper and Wissa was on the loose ball in a flash, charging through and slipping home.

Toure needed treatment for a shoulder issue after a tumble before racing through to tee-up Wissa for a tap-in to win it.

Gaffer's joined in Nick of Tyne

MATTHIAS JAISSLE will get Newcastle instantly fighting for Europe again.

And Nick Woltemade is the ideal target man to provide the goals for a top-eight Prem finish.

By GARY STONEHOUSE

Former Toon midfielder Dietmar Hamann is adamant this is a "very good time" for his German compatriot to have taken over.

The odds dropped on Newcastle being relegated as Bruno Guimaraes joined Sandro Tonali, Anthony Gordon and former boss Eddie Howe out of the exit door.

But even though the Toon's three outfield signings so far are aged 20 or younger, Hamann expects Jaissle *(below)* to improve on last term's 12th place.

Speaking via MrQ Casino, Hamann said: "It's probably time for someone else to take over and maybe take that next step.

"Jaissle gave young players a chance at Salzburg.

"The players they bought have now got a manager who trusts them.

"The way Jaissle likes to play always suits a target man like Woltemade, too."

PREM LGE

NICE TO

I'll be frank, Bruno... no more fighting

DEC'S MESSAGE TO NEW PAL AFTER TOON TEAR-UP

SEE YOU, TO SEE YOU RICE

HOW TYNES CHANGE . . . Rice and Guimaraes clash in November 2023 and (left) Brazilian star is welcomed by Arteta

BRUNO GUIMARAES received a message from new midfield partner Declan Rice before joining Arsenal, saying: No more fighting — we are friends now!

By JAKE SANDERS

The Brazilian star finally sealed his £75million move from Newcastle following a summer-long transfer saga.

Guimaraes, 28, becomes the Gunners' second-most expensive player in history behind Rice, who arrived for £105m from West Ham three years ago.

And the pair have had many physical confrontations on the pitch — notably in a feisty 1-0 Toon win over Arsenal in November 2023.

England man Rice, 27, was furious Guimaraes managed to escape without punishment for elbowing Jorginho in the head.

It came on an afternoon when the all-action Brazilian midfielder was flying into challenges like he had a personal grudge against the Gunners.

And that Jorginho incident particularly riled up Rice, who furiously confronted Guimaraes having been left incensed by the lack of action taken.

Guimaraes pushed the England midfielder in the chest and referee Stuart Atwell was forced to break things up before order was eventually restored at St James' Park.

Just under three years later, the two stars will be lining up together in the middle of the park as Mikel Arteta's men eye more trophies this season.

Guimaraes said: "Declan Rice sent me a message: 'Come here and please no more fights, now we're friends.'

"I was happy that he messaged me but the midfield we have is one of the best in Europe.

"I'm so excited to start chatting and play and I know the players very well. We have an amazing midfield.

"I feel good — I feel amazing. I'm glad for the opportunity. Since the first time I spoke to Andrea Berta and Mikel Arteta, I was excited.

"I just felt inside of me that I need a new challenge in my life and to be an Arsenal player is going to be an exciting challenge in my life."

Arsenal turned down the chance to sign Guimaraes in January 2022 when he was at French club Lyon because manager Arteta felt he was not the right fit for the squad.

He joined Newcastle instead and has gone on to establish himself as one of the top midfielders in the Premier League.

Guimaraes was the first Magpies captain to lift domestic silverware for 70 years with their 2025 Carabao Cup glory and became an extremely popular figure with supporters. But with Toon chiefs selling top players Sandro Tonali and Anthony Gordon, just 12 months after watching Alexander Isak leave for Liverpool, Guimaraes felt now was the correct time for him to depart.

He wants to be regularly fighting for major honours — and he is the right place with the Gunners reigning Prem champions and Champions League finalists just two months ago.

Guimaraes explained: "After playing two World Cups, I'm at the point of my life where I need a challenge.

"I want to win trophies, I want to make history and I'm in the right place to do it. I'm so excited to start.

"We have tough games to play this season, so the squad is going to be very important and I'm hopeful that we can achieve our dreams."

Guimaraes joins a growing Brazilian contingent at the Emirates — Gabriel, Gabriel Martinelli and Gabriel Jesus.

The Gunners have a rich history with Samba Boys, notably World Cup winner Gilberto and Edu, who was also Arsenal's first sporting director in 2022.

Guimaraes played alongside centre-back Gabriel and winger Martinelli at this summer's World Cup, where Brazil were beaten by Martin Odegaard's Norway in the quarter-finals.

And the Gunners new boy revealed that Gabriel had been in his ear about joining him in North London.

Guimaraes said: "Big Gabi was very excited. Every time he sent me the message, 'We'll wait for you, when will you come'?

"I'm so excited to join them but not only the Brazilians — we have an amazing squad here.

"I'm so excited to meet the other players and to start training. I just want to give my best."

Delighted Gunners sporting director Berta added: "Bruno is a player with a great mentality and great quality, who brings strong leadership to our squad.

"He will allow Mikel to further develop our playing style and will also increase our internal competitiveness, which is essential for maintaining the standards required when we are aiming to win major trophies."

And Guimaraes' message to the Emirates faithful?

He added: "I will give you my best, I promise.

"I'm your warrior, I'll never give up.

"Hopefully we can create many, many good memories together."

ARSENAL'S BIGGEST SIGNINGS

2023	Declan Rice	West Ham	£105m
2026	Bruno Guimaraes	Newcastle	£75m
2019	Nicolas Pepe	Lille	£72m
2023	Kai Havertz	Chelsea	£65m
2018	P-E Aubameyang	Dortmund	£60m
2025	Eberechi Eze	Crystal Palace	£60m

SITTING PRETTY . . . Bruno Guimaraes is all smiles in Arsenal kit

HOWE . . . Toon exit

BUY

From Back Page

and passionate as ours. Sometimes, life leads us in a different direction."

Guimaraes decided to go after a huge summer of upheaval on Tyneside that saw Eddie Howe quit following key departures.

The midfielder arrived in 2022 for £35m as one of Howe's first signings.

He helped Newcastle stave off relegation in his first season before twice leading them into the Champions League — and then memorably helping end their 70-year major domestic trophy drought with the 2025 Carabao Cup triumph at Wembley.

He said: "This is one of the toughest decisions of my life. When I arrived, the club was in a challenging position and I am incredibly proud of what we achieved together.

"I fell in love with this place. I really mean that.

"From my first day, the supporters, my teammates, Eddie and the staff and everyone connected with the club made me and my family feel at home.

"I am very grateful for our time together.

"This move is very tough because Newcastle means so much to me but I wanted to experience something new in my life.

"I am ready for a new challenge."

This is one of my toughest decisions – BRUNO GUIMARAES

After reporting back late for pre-season after his World Cup break, Guimaraes met new boss Matthias Jaissle for the first time on Monday in Spain.

Despite jumping ship and many fans feeling Toon are in crisis, the Samba ace still expects more success to follow at Newcastle.

He added: "I had a very positive conversation with Matthias Jaissle, and I leave knowing the club is in very good hands."

Toon legend Alan Shearer told Betfair: "I totally get it.

"He's seen his manager leave. He's seen Isak leave. He's seen Gordon leave. He's seen Tonali leave.

"And it's a very different football club to the one it was 12 months ago.

"You could never complain about his professionalism.

With my professional head on, I understand why he wants to move to the champions."

Newcastle are exploring a move for Marseille's Pierre-Emile Hojbjerg.

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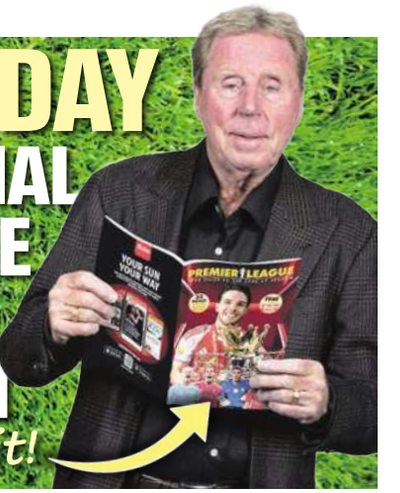

GUIMARAES A GUNNER

READY TO ROAR
. . . Guimaraes poses in his Gunners kit

BUY AYE MAN!

From GARY STONEHOUSE in Valencia

BRUNO GUIMARAES revealed his Newcastle exit was down to a 'difference in ideas' over transfers.

The Brazilian, 28, became the fourth big-name Toon ace to leave in a year after finally sealing his £75million switch to Prem champions Arsenal yesterday.

Captain Guimaraes follows Alexander Isak, Anthony Gordon and Sandro Tonali out of St James' Park.

And those stars have so far been replaced with young, unproven talent.

Guimaraes released an emotional video, saying: "This farewell comes down to a difference in ideas. Something that can happen in a relationship as beautiful, strong

Turn to Page 63

Bruno left Toon over transfer 'difference'

Romero's Sol block

By TOM BARCLAY

TOTTENHAM chiefs have slammed the door shut on any possibility of defender Cristian Romero doing a Sol Campbell.

The Argentine *(below)* is believed to be open to joining their bitter rivals Arsenal — just like ex-Spurs captain Campbell did 25 years ago.

Yet SunSport has been told by a high-level source at Tottenham they would not entertain the prospect of history repeating itself.

And centre-back Romero now seems almost certain to sign for Atletico Madrid

Turn to Page 58

Maresca Rod alert

By MARTIN BLACKBURN

MANCHESTER CITY boss Enzo Maresca is braced for a new Barcelona bid for Rodri.

The LaLiga champions are sure the midfielder *(below)* wants to join them this summer.

An offer of £38.5million for Spain's World Cup-winning captain was laughed off by Etihad chiefs on Friday. City believe the 30-year-old former Ballon d'Or winner is worth more than £60m — despite having less than 12 months remaining on his current contract.

But Barca transfer guru

Turn to Page 59

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Sal blooms in Rose

By JACK KEENE

SALLAAL continued his winning streak in the Rose Of Lancaster Stakes at Haydock — and now looks set to take on the big boys.

Roger Varian's four-year-old has won three in a row and won the Group 3 by a cosy length and a half from Nahraan.

He holds an entry in the Irish Champion Stakes, Arc and Champion Stakes at Ascot, for which he was cut into 10-1 from 20s.

Winning jock Ray Dawson said: "It was kind of a sprint for the last three-and-a-half furlongs and he is not a sprinter, he is more of a stayer, so I'm delighted with him.

"He is going the right way and Roger has trained him perfectly. There are plenty of options."

LEGEND BIG BUCKS DIES

BIG BUCK'S, arguably the greatest staying hurdler of all-time, has died aged 23. He is the only horse to win four Stayers' Hurdles at the Cheltenham Festival. His trainer Paul Nicholls said: "He was as good as any I've ever had."

Oisin's big Cel mate

By EAMONN HAMES

OISIN MURPHY is hoping for good Cel service at the Curragh today.

The champion jockey is jetting to Ireland to ride the exciting Celeron in the Group 1 Phoenix Stakes.

He was also in the saddle when the Michael O'Callaghan-trained colt won the Railway Stakes last time, and he is the biggest danger to Aidan O'Brien's hot favourite Sun Goddess.

Murphy (*right*) said: "I thought Celeron was very good the last day at the Curragh, he had pace to run at and really went to the line well.

"He's a horse Michael O'Callaghan feels is only going to improve as he steps up in trip and he's drawn eight of eight, but hopefully it's a nice fair race.

"He's the highest rated. I'm looking forward to him."

Curragh colours — Page 2

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Sunday, August 9, 2026

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HAPPY DAYS . . . Saffie Osborne lifts Shergar Cup after win with Ryan Moore (*left*) and Dylan McMonagle

By JACK KEENE

RYAN MOORE bossed the Shergar Cup after 20 years away — before being drenched with champagne by cheeky Saffie Osborne!

The three-time champion jockey secured the Silver Saddle after riding a 25-1 double as Great Britain and Ireland dominated.

The newly-founded Hong Kong team flew out of the blocks as Jerry Chau and Luke Ferraris bagged the first two races on the valuable card.

But the home side responded with three straight winners, two for Moore and one for skipper Osborne, who sprayed her legendary but reluctant teammate with fizz after the trophy lift.

Moore last rode in the Shergar Cup in 2006 and he won the Silver Saddle that day – and he is now a perfect two from two.

He won the Challenge with a fine ride on **Asgard's Captain** (13-2) before bagging the Classic on **Archers Bay** (5-2).

Moore said: "I had nothing else on today so it's nice to be here.

"It is always nice to ride winners and I was fortunate to draw some good horses. The colours

Turn to Page 2

OUR HOUSE

Ryan cracks a smile as home team lift Shergar

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SHERGAR CUP

From Page One

were nicer when I was here 20 years ago though!"

Osborne also got in on the action as she steered the well-backed Red Spells Danger (2-1jf) to a cosy success in the sprint.

Team Europe got on the board in the lucky last as Norwegian jockey Frida Valle Skar rode her first Ascot winner on 10-1 shot Crown Board – but it was Great Britain and Ireland's day in the sun.

Osborne grinned: "Ryan made a rather quick exit as he knew what was coming with all the champagne but I had to do it!

"I did manage to get Ryan with the champagne at the end - though sadly I got most of it on myself!

"It's amazing to have him involved and it's been a brilliant day, there has been a big crowd and it's great for a younger audience and to get new people into the sport.

"It's something a bit different and very fun to be involved with, and the level of racing today was really good.

"I feel very lucky to share the weighing room every day with such world class jockeys."

Team Hong Kong, making their debut, set the pace.

They brought up the one-two in the opener and then took the second race as well.

Jerry Chau gave them the perfect start on Tuco Salamanca who won the Dubai Duty Free Shergar Cup Dash.

Chau, 26, said: "It felt amazing when I hit the line.

"No words can describe riding a winner at Ascot.

"I grew up watching Ryan Moore on YouTube!"

Luke Ferraris won the second on Dancing Paris.

He said: "I've only ridden in one two-mile race so it was a bit of a change!"

DEAUVILLE

GOING: GOOD, LIVE ON SKY

3.40 PRIX MAURICE DE GHEEST (GROUP 1) value to winner €179,448; 6f 101yds (12 runners)

1 -71114 **STOLEN KISS 50 (C,D)**
(5) P Cottier 4-9-4 ..... **Alexis Pouchin** 97
Runs: 18 Wins: 6 (3S,2A,GS) Places: 4 €195,056
Edged out at Ascot, strongest form in book, big leading home hope

2 -12231 **MISE EN BOITE 36 (CD)**
(4) X Blanchet 4-9-4 ..... **Anthony Crastus** 87
Runs: 14 Wins: 4 (S,A,GS,G) Places: 3 €107,094
Won Grp 3 here last time, needs big step up on that, going right way

3 12-318 **SUMMER SAIL 36 (CD)**
(6) P Groualle 4-9-4..... **Maxime Guyon** 82
Runs: 9 Wins: 3 (2S,A) Places: 3 €63,878
Well held in Grp 3 latest, course form but in way too deep, not today

4 1-2144 **ROSY AFFAIR 22 (BF,CD)**
(2) G Boughey (UK) 5-9-1. **Billy Loughnane** 90
Runs: 17 Wins: 6 (3F,S,A,GS) Places: 7 €194,952
Progressive, trip a question mark, will be ridden cold, lots of speed

5 1-2464 **SAMANGAN 28 (B;C,D)**
(9) F Graffard 3-8-13 ... **Mickael Barzalona** 92
Runs: 8 Wins: 3 (A,GS,G) Places: 1 €171,956
Hasn't quite lived up to billing, solid form in book, trip looks perfect

6 1-1214 **AFANDY 63 (C)**
(8) J Rouget 3-8-13 ..... **Cristian Demuro** 89
Runs: 4 Wins: 2 (S) Places: 1 €55,281
Beat Samangan here in April, not as good after, looks up against it

7 1221 **HOW ARE YOU 36 (T★;CD)**
(1) F Graffard 3-8-13 .. **Clement Lecoeuvre** 91
Runs: 4 Wins: 2 (2S) Places: 2 €46,984
Listed winner here last month, bigger test, unexposed but tall order

8 31-540 **WISE APPROACH 51 (D)**
(11) C Appleby (UK) 3-8-13 **Christophe Soumillon** 87
Runs: 9 Wins: 3 (3F) Places: 1 €277,028
Poor so far this season, again not set easy task, needs a big revival

9 6-2582 **TAKE CHARGE STAR 50 (B★)**
(10) J Murtagh (Ire) 3-8-13 ..... **Ben Coen** 96
Runs: 7 Wins: 1 Places: 2 €77,708
Jersey form is red-hot, trainer rates highly, blinkers interesting, threat

10 5-3235 **DIVISION 29 (D)**
(7) W Haggas (UK) 3-8-13 .... **James Doyle** ●99
Runs: 9 Wins: 3 (GS,2G) Places: 4 €204,414
Comes with late run, can find trouble, talented but needs it to fall right

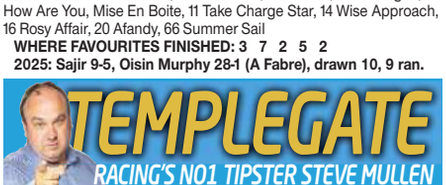
11 1-1110 **MY CALYX CEN 51 (D)**
(12) P Olave 3-8-13. ..... **non-runner** 84
Runs: 6 Wins: 4 (S,A,GS,G) Places: 1 €83,162
Found Ascot too much, this no easier and has plenty to find on form

12 -11232 **TRUE LOVE 28 (BF,D)**
(3) A O'Brien (Ire) 3-8-10. ... **Wayne Lordan** 98
Runs: 12 Wins: 5 (3F,G) Places: 6 €977,982
1,000 Guineas heroine, held form, drop back to sprinting may help

BETTING: 7-4 True Love, 4 Stolen Kiss, 5 Division, 8 Samangan, 10 How Are You, Mise En Boite, 11 Take Charge Star, 14 Wise Approach, 16 Rosy Affair, 20 Afandy, 66 Summer Sail

WHERE FAVOURITES FINISHED: 3 7 2 5 2

2025: Sajir 9-5, Oisin Murphy 28-1 (A Fabre), drawn 10, 9 ran.



GROUP 1 ACTION AT CURRAGH

1.15 IRISH EUROPEAN BREEDERS FUND MAIDEN; 2-y-o; value to the winner €15,000; 6f. (19 runners)

1 (17) **A I NATION** J Murtagh 9-7 ..... **Jamie Powell** —
2 (3) 4 **ATLANTIC BRIDGE 21** R Aguiar 9-7 ..... **Donagh O'Connor** 91
3 (1) **BENGAL TIGER** A P O'Brien 9-7 ..... **Jack Cleary (5)** —
4 (7) 53 **JEWEL IN A CROWD 44** C Murphy 9-7 ..... **Luke McAteer** 90
5 (12) **JOLTIN JOE** N Meade 9-7 ..... **Gavin Ryan** —
6 (19) **KING PADDY** P Flynn 9-7 ..... **Gary Carroll** —
7 (6) **MARCO POLO** A P O'Brien 9-7 ..... **Ronan Whelan** —
8 (2) 80 **MUTAMARID LSK 18 (B)** D Murphy 9-7 ..... **Joseph Sheridan** 70
9 (18) 4 **MY LUCKY JOURNEY 18** J Stack 9-7 ..... **Declan McDonogh** 87
10 (5) **NANDO THE GREAT** P Twomey 9-7 ..... **Leigh Roche** —
11 (16) **NEW WORLD ORDER** J Murtagh 9-7 ..... **Oisin Murphy** —
12 (14) **PUSH THE BOAT OUT** M O'Callaghan 9-7 ..... **Colin Keane** —
13 (15) 5 **SANTERNO 112** J O'Brien 9-7 ..... **Dylan McMonagle** 86
14 (8) 53233 **TRADEWINDS 21 (BF)** D O'Brien 9-7 ..... **Paddy Harnett (5)** 96
15 (10) **BRAGEIRO** R O'Sullivan 9-2 ..... **Shane Foley** —
16 (11) **KATTY** A Sexton 9-2 ..... **David Egan** —
17 (9) 6 **LUCA BRILLANTE 92** D Weld 9-2 ..... **Chris Hayes** 83
18 (4) 53 **NEW BOND STREET 18 (BF)** P Twomey 9-2 ..... **Billy Lee** ●99
19 (13) 52 **SNOWING 36** A P O'Brien 9-2 ..... **Ryan Moore** 98

BETTING: 7-2 Snowing, 4 New Bond Street, 13-2 Marco Polo, 8 Tradewinds, Atlantic Bridge, Jewel In A Crowd, 10 My Lucky Journey, Bengal Tiger

WHERE FAVOURITES FINISHED: 1 1 1 1 5

2025: Mission Central 9-7 Ryan Moore 4-1 (A P O'Brien) drawn 7, 28 ran.

1.45 GRAND HOTEL MALAHIDE FILLIES JUVENILE RACE; 2-y-o; value to the winner €21,000; 7f. (18 runners)

1 (16) 71 **SWORD OF STATE 15 (D)** B Duke 9-9 ..... **non-runner** 96
2 (9) 2 **ADMIRED BEAUTY 21** J Bolger 9-2 ..... **Declan McDonogh** ●99
3 (15) 53 **ALPINE WEDDING 21** P Twomey 9-2 ..... **non-runner** 88
4 (18) 03 **EXCEPTIONALITY 24** A P O'Brien 9-2 ..... **Ronan Whelan** 94
5 (6) 9 **GREEN SPARKLE 21** J O'Brien 9-2 ..... **Joseph Sheridan** 83
6 (14) 424 **IBELIEVEICANFLY 21 (H★;BF)** A P O'Brien 9-2 ..... **Ryan Moore** 98
7 (7) 8 **KATIRAYA 31** D Weld 9-2 ..... **Chris Hayes** 76
8 (13) 08 **SIEGE OF TYRE 24** K Cotter 9-2 ..... **Leigh Roche** 70
9 (12) 6 **SPECKLES 21** A P O'Brien 9-2 ..... **Jack Cleary (5)** 86
10 (3) 5 **VOICE OF YOU 31** M Hickey 9-2 ..... **Gary Carroll** 90
11 (17) **BIG BESSY** C Farrell 8-13 ..... **non-runner** —
12 (8) **CHATTERING CLASSES** J Harrington 8-13 ..... **Shane Foley** —
13 (10) **DARLENE** R Aguiar 8-13 ..... **Reese Holohan (7)** —
14 (4) **MISS HONG KONG** D O'Brien 8-13 ..... **Gavin Ryan** —
15 (5) **POPPED** D O'Brien 8-13 ..... **Nathan Crosse** —
16 (2) **RATHBRAN LADY** M Mulvany 8-13 ..... **Wesley Joyce (3)** —
17 (11) **SUOMENLINNA** J O'Brien 8-13 ..... **Dylan McMonagle** —
18 (1) **TORVELLA** A Slattery 8-13 ..... **Andy Slattery** —

BETTING: 9-4 Ibelieveicanfly, 6 Suomenlinna, 13-2 Admired Beauty, 7 Exceptionally, 8 Miss Hong Kong, 12 Speckles

WHERE FAVOURITES FINISHED: 1 5 3 2 7

2025: Diamond Necklace 8-11 W Lordan 9-1 (A P O'Brien) drawn 5, 10 ran.

2.15 GUIDENSTOWN STUD BREEDERS FUND MAIDEN; 2-y-o; value to the winner €15,000; 7f. (13 runners)

1 (10) 53 **ANCHOR ROAD 22 (BF)** G Lyons 9-7 ..... **Colin Keane** 97
2 (4) **BENOWN** J O'Brien 9-7 ..... **Joseph Sheridan** —
3 (12) **CONSPAZIA** N Meade 9-7 ..... **Chris Hayes** —
4 (11) 5 **FORT DEARBORN 22 (T★)** J Murtagh 9-7 ..... **Billy Lee** 86
5 (1) **LAKE LUGANO** A P O'Brien 9-7 ..... **Ronan Whelan** —
6 (6) **LOUGHREA N ROLL** J O'Brien 9-7 ..... **Dylan McMonagle** —
7 (5) **RAGING BULL** A P O'Brien 9-7 ..... **Jack Cleary (5)** —
8 (7) **ROMAYAN** J Murtagh 9-7 ..... **Jamie Powell** —
9 (2) **SELOSSE** J Harrington 9-7 ..... **Shane Foley** —
10 (3) 32 **SHAKESPEARE 17 (BF)** A P O'Brien 9-7 ..... **Ryan Moore** ●99
11 (13) 35 **SUPREME LORD 17** R Aguiar 9-7 ..... **David Egan** 90
12 (9) **THE CAPTAINS DAY** M O'Callaghan 9-7 ..... **Oisin Murphy** —
13 (8) 8 **OCEAN SURGE 56** W McCreery 9-2 ..... **Declan McDonogh** 72

BETTING: 9-4 Shakespeare, 5 Anchor Road, 13-2 Lake Lugano, 7 Supreme Lord, 8 Loughrea N Roll, Raging Bull, 10 Benown, The Captains Day

WHERE FAVOURITES FINISHED: 1 1 1 1 4

2025: Geryon 9-7 Colin Keane 18-1 (G M Lyons) drawn 9, 10 ran.

2.50 SHEEHY MOTORS VOLKSWAGEN HANDICAP; value to the winner €21,000; 5f. (14 runners)

1 (9) 46-6260 **THE HIGHWAY RAT 22 (B;D)** A Oliver 8-10-0 ..... **Billy Lee** 91
2 (11) 10-7022 **GAZELLE D'OR 65 (CD)** M Grassick 4-9-13 ..... **Sam Coen (5)** 97
3 (3) 9003382 **EROSANDPSYCHE 16 (V;D)** D Murphy 8-9-11 ..... **Gary Carroll** 98
4 (6) 6011265 **SARAHMAE 16 (CD)** D Hogan 4-9-10 ..... **Jared Huggan (10)** 88
5 (14) 81-7120 **HEADMASTER 22 (C)** E Lynam 4-9-9 ..... **Dylan McMonagle** 91
6 (8) -274681 **IPANEMA QUEEN 16 (CD)** R Aguiar 3-9-8 ..... **David Egan** 96
7 (2) 21167-9 **ARUGAM BAY 126 (D)** E & P Harty 3-9-6 ..... **Jessica O'Gorman (7)** 87
8 (4) 1-8044 **ROSIE FRITH 16 (D)** P Magee 3-9-5 ..... **Colin Keane** ●99
9 (5) 20-5678 **CHICAGO CALL 16** J Murtagh 3-9-3 ..... **Donagh O'Connor** 94
10 (10) 1403136 **GENESIS 16 (BF,CD)** M Mulvany 5-8-13 ..... **Wesley Joyce (3)** 90
11 (1) **41D-110 PRAIRIE GIRL 170 (D)** D Murphy 4-8-13 ..... **Terry Casey (7)** 83
12 (12) 2051794 **CUBAN GREY 42 (CD)** P McKenna 6-8-9 ..... **Luke McAteer** 92
13 (7) 031 **FINIKA 16** J Feane 3-8-8 ..... **Gavin Ryan** 93
14 (13) 2071782 **FOCACCIA 6 (D)** J Stack 3-8-7 ..... **Andy Slattery** 91

BETTING: 7-2 Ipanema Queen, 4 Erosandpsyche, 6 Rosie Frith, 8 Sarahmae, 10 Finika, 12 Cuban Grey, Genesis, 14 Gazelle D'or

WHERE FAVOURITES FINISHED: 2 1 4 5 2

2025: Sarahmae 3-8-2 Keithen Kennedy 14-1 (D Hogan) drawn 6, 7 ran.

Sunracing FORM

GENESIS (8-7) 25-1 broke well and led, pushed along 1f out, ridden and headed final furlong, no extra final 150 yards, kept on one pace, 3rd of 20 (btn 3¹/₂l) to Sondad (9-10) **THE HIGHWAY RAT** (9-6) 33-1 dwelt, soon mid-division, pushed along 2f out, soon ridden and weakened, 15th (btn 11l) **HEADMASTER** (9-6) 7-1 always behind and never factor, detached after 2f, pushed along 2f out, 17th (btn 12l) (20 ran) (Curragh 6f hcap €60,000 good to firm).

GAZELLE D'OR (8-8) 7-2 mid-division, progress 2f out, ridden 200 yards out, led 150 yards out, no extra and headed close home, btn sh hd by Tango Flare (9-13) (7 ran) (Fairyhouse 6f auct stk €13,200 good).

IPANEMA QUEEN (9-2) 15-2 prominent, edged right 2f out, headway over 1f out, soon led narrowly, kept on well final furlong, strongly pressed close home, just held on, bt **EROSANDPSYCHE** (9-8) 13-2 in rear, headway 1 ¹/₂f out, ran on well closing stages, just failed, sh hd **ROSIE FRITH** (9-3) 6-1 tracked leader, improved 1f out, lost place closing stages, kept on same pace, 4th (btn 1l) **SARAHMAE** (9-10) 5-1 in touch, headway 1f out, closed 1f out, lost place and one paced closing stages, 5th (btn 1¹/₄l) **GENESIS** (8-9) 4-1 fav led, headed 1f out, lost place and one paced closing stages, 6th (btn 2l) **CHICAGO CALL** (9-3) 12-1 in rear, headway 2f out, hampered 1¹/₂f out, progress final furlong, no extra, 8th (btn 2³/₄l) (11 ran) (Cork 5f hcap €30,000 good to firm).

ARUGAM BAY (8-12) 16-1 tracked leaders, pushed along well over 1f out, ridden and faded 1f out, 9th of 14 (btn 3³/₄l) to Azure Angel (9-9) (Bath 5f Listed (1) £39,697 good).

PRAIRIE GIRL (8-8) 4-1 mid-division, pushed along straight, ridden 1f out, no extra, never a factor, last of 10 (btn 7l) to Sir Les Patterson (9-11) (Dundalk 6f hcap €13,200 AW).

GENESIS (8-4) 25-1 tracked leader, led 2f out, soon ridden, clear 1f out, stayed on final furlong, reduced advantage late on, bt **SARAHMAE** (9-8) 16-1 mid-division, pushed along 2f out, soon ridden, kept on, not reach winner, nk **CUBAN GREY** (8-9) 33-1 tracked leaders, ridden 2f out, kept on final furlong, 4th (btn 1¹/₄l) **EROSANDPSYCHE** (9-12) 20-1 tracked leaders, ridden 2f out, weakened final furlong, 8th (4l) (16 ran) (Curragh 5f hcap €60,000 good).

FINIKA (9-3) 15-2 broke well to lead narrowly, made all, increased lead over 1f out, ran on well final furlong, bt Stooked (9-3) 1l (13 ran) (Cork 6f mdn €7,200 good to firm).

FOCACCIA (9-4) 13-2 led, pushed along and headed under 2f out, soon no impression on winner, kept on one pace, btn 2l by Likedbymike (9-8) (5 ran) (Naas 6f €10,800 good).

EACH-WAY THIEF

CRYSTAL KRAKEN (2.41 Chepstow) was a close-up second at Thirsk last time and should be on the premises again. Have an each-way double with ROGUE REBELLION (3.51 Chepstow) who finished like a train at Bath last time out.

3.25 PHOENIX SPRINT STAKES (GROUP 3) (1) value to winner €42,000; 6f (5 runners)

1 019212 **BIG GOSSEY 21 (CD)**
(2) C O'Brien 9-9-7. ..... **Billy Lee** ●99
Runs: 90 Wins: 12 (2S,2A,6G) Places: 24 €596,843
Loves it here, fine effort in Grp 2 (7f) last time, back to 6f fine, go close

2 10-780 **BIG MOJO 29 (D)**
(1) M Appleby (UK) 4-9-7.. **Tom Marquand** 98
Runs: 15 Wins: 3 (2F,G) Places: 3 €567,585
Grp 1 winner last year, yet to hit his stride this season but danger if he does

3 185130 **BODHI BEAR 22 (C,D)**
(3) J Stack 4-9-7. ..... **Colin Keane** 93
Runs: 14 Wins: 4 (2G) Places: 3 €82,104
Just behind Gossey two runs back, no show in Scurry here latest, needs more

4 7-7546 **BUCANERO FUERTE 22 (CD)**
(4) R Aguiar 5-9-7 ..... **David Egan** 94
Runs: 17 Wins: 6 (5G) Places: 2 €841,192
Yet to capture form of old (C&D Grp 1 win at two), needs bounce back

5 100-63 **JAMES'S DELIGHT 78 (CD)**
(5) C Cox (UK) 5-9-7 .... **Dylan McMonagle** 95
Runs: 19 Wins: 6 (S,2GS,3G) Places: 3 €216,830
Behind Gossey C&D in May, off since, claims on back form, respected

BETTING: 13-8 Big Mojo, 5-2 Big Gossey, 3 James's Delight, 6 Bucanero Fuerte, 8 Bodhi Bear

WHERE FAVOURITES FINISHED: 5 1 4 2 0

2025: Bucanero Fuerte 4-9-7, D Egan 11-2 (A Murray), drw 8, 12 ran.

Sunracing FORM

BIG GOSSEY (9-10) 15-2 rear, progress 2f out, stayed on inside final furlong, ran on closing stages to 2nd close home, not trouble winner, btn 1¹/₄l by Power Blue (9-3) (7 ran) (Curragh 7f Grp 2 (1) €78,000 good to firm).

BIG MOJO (9-8) 12-1 pulled hard, raced near side, prominent, led group over 2f out, ridden over 1f out, soon faded, 10th of 11 (btn 8³/₄l) to Comanche Brave (9-8) (Newmarket 6f Grp 1 (1) £453,680 good to firm).

BODHI BEAR (9-13) 17-2 tracked leaders, pushed along halfway, no impression 2f out, weakened, 18th of 20 (btn 14l) to Sondad (9-10) (Curragh 6f hcap €60,000 good to firm).

BUCANERO FUERTE (9-9) 14-1 tracked leaders, pushed along halfway, ridden over 1f out, no extra, 6th of 10 (btn 4¹/₄l) to Cover Up (9-9) (Curragh 5f Grp 2 (1) €78,000 good to firm).

BIG GOSSEY (9-5) 18-1 mid-division, pushed along 2f out, ridden 150 yards out, kept on close home, btn 2l by Comanche Brave (9-5) **JAMES'S DELIGHT** (9-5) 7-1 tracked leaders, pushed along 1f out, soon ridden and no extra, dropped to 3rd over 50 yards out, 3rd (btn 2¹/₄l) **BUCANERO FUERTE** (9-5) 7-1 soon led, pushed along 2f out, ridden and headed 1f out, no extra 150 yards out, kept on one pace, 4th (btn 3³/₄l) (10 ran) (Curragh 6f Grp 2 (1) €78,000 good).

4.00 KEENELAND PHOENIX STAKES (GROUP 1) (1) 2YO; winner €240,000; 6f (8 runners)

1 212917 **CARRY THE FLAG 22**
(1) A P O'Brien 9-5 ..... **Ronan Whelan** 90
Runs: 6 Wins: 2 (2G) Places: 2 €51,074
Naas Lstd winner, set pace for stablemate here latest, same role likely today

2 101 **CELERON 22 (CD)**
(8) M O'Callaghan 9-5 ..... **Oisin Murphy** 97
Runs: 3 Wins: 2 (F) €75,372
Good winner of Railway Stakes here latest, this next step up, go close

3 312 **FOLSOM BLUES 17 (BF)**
(5) J O'Brien 9-5. ..... **Dylan McMonagle** 96
Runs: 3 Wins: 1 (S) Places: 2 €24,545
Best work at finish in Leop Grp 3 last time, improver, won't be far away

4 4212 **KING OF CLOUGHAN 21 (BF,D)**
(3) J O'Brien 9-5. ..... **Joseph Sheridan** 94
Runs: 4 Wins: 1 (F) Places: 1 €100,511
Royal Ascot winner, didn't look happy in France (Grp 2) last time, e-w

5 42104 **THE SCALLIONATOR 22 (D)**
(7) M Mulvany 9-5 ..... **Wesley Joyce** 81
Runs: 5 Wins: 1 (G) Places: 1 €22,438
Listowel maiden winner, held by Celeron latest, looks up against it here

6 102 **TRIBECA 22 (D)**
(4) R Aguiar 9-5 ..... **David Egan** 88
Runs: 3 Wins: 1 Places: 1 €32,397
Below par at Royal Ascot but closest to Celeron here last time, in mix

7 2121 **SUN GODDESS 43 (CD)**
(2) A P O'Brien 9-2 ..... **Ryan Moore** ●99
Runs: 4 Wins: 2 (F,G) Places: 2 €106,462
Comfortable winner of C&D Grp 2 latest, gets 3lb from the boys, fancied

8 11483 **VELOZEE 15 (C)**
(6) P Twomey 9-2. ..... **Billy Lee** 92
Runs: 5 Wins: 2 (S,G) Places: 1 €47,720
Won average Lstd race here, found out in Group company since, sniff

BETTING: 11-10 Sun Goddess, 3 Celeron, 13-2 Folsom Blues, 7 King Of Cloughan, 14 Velozee, Carry The Flag, 20 Tribeca, 66 The Scallionator

WHERE FAVOURITES FINISHED: 3 4 4 2 2

2025: Power Blue 9-5, D Egan 10-1 (A Murray), drw 4, 5 ran.

Sunracing FORM

CELERON (9-5) 7-2 tracked leaders, pushed along 2f out, ridden and closer 1f out, edged left final 100 yards, kept on well, bt **TRIBECA** (9-5) 17-2 prominent and ran freely, soon tracked leader, pushed along and led 1 ¹/₄f out, ridden and headed final furlong, no impression, kept on one pace, 3l **THE SCALLIONATOR** (9-5) 50-1 in touch, dropped to rear after 1f, pushed along and detached halfway, no impression 2f out, stayed on final 100 yards, kept on one pace, 4th (btn 4¹/₄l) **CARRY THE FLAG** (9-5) 6-1 awkward from stalls, prominent and soon led, pushed along 2f out, ridden and headed 1¹/₂f out, weakened, last (btn 8¹/₄l) (Curragh 6f Grp 2 (1) €78,000 good to firm).

FOLSOM BLUES (9-5) 6-4 fav in rear, pushed along straight, good headway 1f out, ridden final furlong, no impression, kept on, btn 1¹/₄l by Florida Bay (9-5) (6 ran) (Leopardstown 7f Grp 3 (1) €42,000 good).

KING OF CLOUGHAN (9-2) 11-8 fav raced in second, disputed lead and hung left 1f out, no extra inside final furlong, btn 2l by Tokaido (9-2) (3 ran) (Chantilly 6f Grp 2 (1) £56,058 good).

SUN GODDESS (9-2) 2-7 fav tracked leaders, 3rd halfway, ridden to close 2f out, challenged 1 ¹/₄f out, soon edged right, led over 1f out, kept on well final furlong, bt Green Empress (9-2) ³/₄l (6 ran) (Curragh 6f Grp 2 (1) €78,000 good to firm).

VELOZEE (9-2) 17-2 handy, led 2f out and driven, headed 1f out, no extra, 3rd of 11 (1l) to Moonrise (9-2) (Ascot 6f Grp 3 (1) £45,368 good to firm).

PROBETS

HORSES FOR COURSES:
BUCANERO FUERTE (3.25 Curragh) has won three of his four starts over this course and distance.
SUPER SPEED: AL MASLOOL (3.34 Leicester) clocked an excellent time when winning at Chester last time.
GAMBLED ON:
SHAKESPEARE (2.15 Curragh) was backed into 4-9 before finishing second at Leopardstown latest.

EAMONN HAMES

1.15.....My Lucky Journey
1.45.....Admired Beauty
2.15.....Selosse
2.50. HEADMASTER (nap)
3.25..... James's Delight
4.00.....Celeron
4.35..... Go Athletico (nb)
5.10..... Booyea

TEMPLEGATE'S TRIO: Art Lover (Le Road (double) with Global Success TOM PEPPER'S DOUBLE: Greek Sym Desert Charm (Chepstow).
SUNRATINGS' NAP: SUN GODDESS (4
THE JUDGE: BIG GOSSEY (3.25 Currag

■TIC-TAC: R-H horseshoe-shaped track of 2 miles,ru 6f races are run on straight track. ■DRAW: Stalls s ■LEADING TRAINERS (2021-2026): A O'Brien 16 Murtagh 45-469, G M Lyons 44-318. THIS SEASON: A JOCKEYS (2021-2026): C T Keane 78-567, W J Lee Foley 40-492. THIS SEASON: W J Lee 11, C T Keane 3-6. PLACEPOT: 1-6. ■TRAINERFAX: A P O'Brien wo 2025, and won the 2.15 in 2023 and 2024. P Twomey w O'Brien won the 2.15 in 2020 and 2022. ■LIVE ON RA

GOOD TO FIRM

4.35 TOTE NEVER BEATEN B winner €15,000; 6f

1 300262 **GO ATHLETIC**
(10) A McGuinness 8-10
Runs: 55 Wins: 9 (3S,2GS,2G)
Fine second at Galway last time, 4lb r

2 24-007 **GERRIT'S GE**
(7) J Coogan 6-9-10. ..
Runs: 17 Wins: 3 (S,G)
Behind Jon latest, coming down weigh

3 -07671 **JON RIGGEN**
(6) E Lynam 8-9-9 ....
Runs: 45 Wins: 5 (2S,2G)
Battling win at Navan, up 4lb but has v

4 046918 **SOVEREIGN**
(13) D Murphy 3-9-8 ..
Runs: 9 Wins: 2 (A,G)
Turf breakthrough at Naas, not in same

5 -52524 **LOHOOBB 6**
(14) M Grassick 3-9-5 ..
Runs: 8
Promising stable bow at Naas last wee

6 726-44 **NAZARIO 13**
(4) J Murtagh 3-9-4 ..
Runs: 8
No disgrace at Galway last time, c'piec

7 303244 **HUGO'S GIRL**
(8) T Dowling 4-9-2 ..
Runs: 18
Maiden but not for want of trying, effe

8 364144 **NOUVEL ESP**
(15) J Barcoe 6-9-1. ....
Runs: 32 Wins: 4 (S,F)
In good heart, not beaten far here (5f) la

9 82-840 **ALL HAIL 18**
(3) A Oliver 3-9-0 ....
Runs: 6
Definite signs of ability but faded too

10 784803 **MINT MAN 18**
(5) P Murphy 5-9-0 ....
Runs: 32 Wins: 2 (A)
Better at Naas latest, blinkers set him al

11 368-27 **YUTORI 177**
(11) D McLoughlin 4-9-4
Runs: 7
AW efforts no great shakes and not su

12 -03590 **AURORA NO**
(1) A McNamara 7-8-10
Runs: 39 Wins: 4 (4G)
Slipping down weights but no hints o

13 247250 **BEAT THE DE**
(9) P Magee 4-8-10 ....
Runs: 17 Wins: 1 (A)
Just one AW win on CV and lacklustre ir

14 475 **CAISLEAN NI**
(12) T Mullins 3-8-10 ....
Runs: 3
Three quiet runs in maidens, there will

15 8-9072 **ROSATO 16 (**
(2) C Weld 5-8-7. .. **Pa**
Runs: 23 Wins: 3
Better at Cork latest, has run well here

BETTING: 4 Go Athletico, 9-2 Jon R Lohoobb, Nouvel Espoir, Nazario, Rosato,

WHERE FAVOURITES FINISHED: 7 1

2025: Tropical Retreat 3-9-9, S Foley 8-1

5.10 MONEY BACK DAILY SPECIAL HANDICAP; winner €18,000

1 (9) 600-502 **BOOYEA 42 (B;CD)** T Gibney 6-10-0...
2 (4) -947170 **FINAL VOYAGE 84 (D)** J Murtagh 8-9
3 (7) 1795210 **GLORY TO BE 22** M Grassick 4-9-9....
4 (10) 1-80230 **PLAYIN COOL 31** J Feane 4-9-9.....
5 (5) 0688521 **DARK VIPER 17 (B;D)** J Harrington 5-
6 (8) 5-84730 **HOWYOULIKETHAT 12 (D)** H McLou
7 (6) -163121 **SUMMER ISLAND 44 (C,D)** N Lupini
8 (3) 34-3441 **KALIR 25 (D)** D Weld 3-9-3.....
9 (1) 8-14321 **MARMELADOVA 24** K Condon 5-9-3.
10 (12) 6-20314 **GOAL EXCEEDED 12 (C)** A McGuinn
11 (2) -302328 **NO MORE PORTER 10 (CD)** A McGu
12 (11) -215235 **GLITTER AND GLORY 21** J Harringto
BETTING: 4 Dark Viper, 9-2 Booyea, 5 Summer Isla Goal Exceeded, 12 Playin Cool, 14 Howyoulikethat,
WHERE FAVOURITES FINISHED: 4 2 1-6 1
2025: Esherann 3-9-2 Chris Hayes 5-2 Fav (D K

S, FORM AND TIPS SEVEN DAYS A WEEK!

TOM PEPPER

.....Snowing
.....Exceptionally
.....Shakespeare
.....Gazelle D'or
.....Big Mojo
.....Sun Goddess
.....Hugo's Girl
..... Summer Island
icester) and Crimson
(both Chepstow).
phony (Leicester) and

.00 Curragh).
gh).

n in of 3f and uphill finish. 5f and stand side (Low), far rails (High) 1-755, J P O'Brien 87-806, J P A O'Brien 16, J O'Brien 12. ■TOP 64-521, D McMonagle 57-493, S 11, D McMonagle 6. ■JACKPOT: n the 1.15 in 2020, 2023, 2024 and on the 1.45 in 2022 and 2023. J P CING TV

M (GOOD)

BY SP HANDICAP (15 runners)

CO 12 (CD)
0-1 . . . **Ronan Whelan ●99**
Places: 14 €345,894
ise fine, C&D win on CV, player

M 63 (D)
. . . **Scott McCullagh 87**
Places: 1 €31,057
nts but yet to hit top gear, squeak

S 63 (V;CD)
. . . . . **James Ryan 98**
Places: 11 €86,911
won off higher (incl. here), go well

CRY 22
. . . . . **Shane Foley 94**
Places: 1 €21,942
e form here latest, has bit to prove

. . . . . **Billy Lee 90**
Places: 3 €7,979
k, sure to win races if not this one

(P★)
. . **Rory Mulligan (5) 89**
Places: 4 €10,579
es could eke out more, e-w claims

L 32
. . . . . **Oisin Murphy 93**
Places: 5 €14,776
ctive 5f-1m, Oisin up, interesting

POIR 22
. .**Dylan McMonagle 94**
Places: 8 €40,222
st month, mark unchanged, threat

(B★)
. . . . . **Gary Carroll 84**
Places: 1 €4,628
tamely at Naas latest, jury's out

3 (V★;D)
. . . . . **Chris Hayes 88**
Places: 13 €41,314
ight previously, visor tried, squeak

0 . . . .**Nathan Crosse 86**
Places: 2 €3,008
re 6f is what she wants either, left

VA 29 (D)
0. . .**Wesley Joyce (3) 87**
Places: 7 €46,516
f revival of late, others preferred

EVIL J28
. . . . . **Rory Cleary 91**
Places: 6 €14,479
two hdles runs recently, not today

CUAN 12
. . . .**Niall McCullagh 84**
€1,091
be easier hcap opportunities, no

D)
trick McGettigan (5) 94
Places: 4 €23,728
e before, don't underestimate her
iggens, 5 Hugo's Girl, 10
12 Mint Man
1 7 4
(T Mullins), drw 5, 13 ran.

S WITH TOTE.IE
: 1m. (12 runners)

.....**Dylan McMonagle 97**
-13.....**Jessica Maye (7) 88**
.....**Scott McCullagh 92**
.....**Luke McAteer 87**
9-8.....**Shane Foley 98**
ghlin 9-9-6...**Declan McDonogh 86**
4-9-4.....**Oisin Murphy 95**
.....**Chris Hayes ●99**
.....**Billy Lee 96**
ess 5-9-1.....**Ronan Whelan 93**
inness 8-8-13 .....**Colin Keane 90**
n 3-8-7 .....**Keithen Kennedy (5) 92**
and, 6 Marmeladova, 13-2 Kalir, 8 Glitter And Glory
1
Weld) drawn 10, 8 ran.

CHEPSTOW

TEMPLEGATE	TOM PEPPER
2.06.....Macanudo	2.06.....Macanudo
2.41.....Dreams Galore	2.41.....Crystal Kraken
3.16.....Global Success	3.16.....Global Success
3.51.....Go Victor	3.51.....My Mate Mackley
4.26.....Desert Charm	4.26...Desert Charm (nb)
5.01....Crimson Road (nb)	5.01.....Crimson Road

■TIC-TAC: L-H, undulating, oval track of 2m, joins straight course 5f from home. All races up to mile run on the straight course. ■DRAW: High have slight advantage in races up to mile. ■LEADING TRAINERS (2021-2026): J O'Shea 20-152, P Evans 18-112, A Carroll 18-193. THIS SEASON: A Carroll 7, G Harris 4. ■TOP JOCKEYS (2021-2026): F Marsh 13-108, Taylor Fisher 12-63, W Carson 11-109. THIS SEASON: Ashley Lewis 5, T Fisher 4, J Leavy 4. ■LONGEST TRAVELLER: Go Victor (3.51) trained at Garstang, Round trip of 404 miles. ■FIRST RUN SINCE WIND OP: None. ■LIVE ON SKY SPORTS RACING

GOING: GOOD TO FIRM

2.06 DRAGONBET.CO.UK 'TRAINING SERIES' APPRENTICE HANDICAP (Class 6); winner £3,768; 6f. (8 runners)

1 (3) 0-75126 **BE AN ANGEL 15 (BF,D)** B Millman 4-9-9.....**Jake Dickson 91**
2 (5) 4647-03 **MACANUDO 36** I Williams 5-9-7.....**Finlay Bassett (7) 98**
3 (7) 7607878 **ARNAZ 8** M Loughnane 5-9-6.....**Hope Regan (7) 84**
4 (8) -475615 **MARISITTA 26 (BF,CD)** J O'Shea 6-9-2.....**Alexandra Egan 92**
5 (6) 5489-52 **SUNDIATA KEITA 16 (B★)** J & R Flint 4-9-2.....**Charlie Tucker (3) 97**
6 (2) 4354337 **SOME NIGHTMARE 9 (CD)** J O'Shea 9-9-1.....**Jude Fernandes (3) 90**
7 (1) 844-545 **OUTER EDGE 24 (CD)** C Mason 5-9-0.....**Matthew Slater 93**
8 (4) 9408752 **MACARONE 12 (D)** G Harris 5-8-13.....**Olivia Haines ●99**

BETTING: 10-3 Macarone, 4 Sundiata Keita, 5 Macanudo, 6 Some Nightmare
WHERE FAVOURITES FINISHED: 1 1
2025: Punchbowl Flyer 8-9-2 J Mackay 11-4 Fav (J O'Shea) drawn 7, 7 ran.

2.41 RICHARD AND LOUISE FOX WEDDING ANNIVERSARY NURSERY (6); 2-y-o; winner £3,768; 5f. (8 runners)

1 (5) 53023 **OUR FELLA 19** J Moore 9-9.....**Taylor Fisher 92**
2 (3) 7471 **DREAMS GALORE 16 (C)** O Sangster 9-9.....**Finley Marsh 98**
3 (6) 543 **CHIANTI 24** A Watson 9-8.....**Pierre Jamin ●99**
4 (8) 4354 **DREAMLOVER 18 (B)** R Spencer 9-8.....**George Wood 95**
5 (4) 97352 **CRYSTAL KRAKEN 16** D Cunha 9-6.....**Pat Dobbs 96**
6 (7) 926 **DEFIANT DREAM 16** M Usher 9-4.....**Tyler Heard 90**
7 (2) 756 **CASH FLOW BOY 15** C Pike 9-3.....**Thomas Greatrex 88**
8 (1) 7063 **DEVON ANGEL 26** B Millman 8-4.....**Georgia Dobie 93**

BETTING: 3 Dreams Galore, 9-2 Crystal Kraken, 5 Chianti, 6 Our Fella, Dreamlover, 13-2 Devon Angel, 10 Defiant Dream, 14 Cash Flow Boy
WHERE FAVOURITES FINISHED: 1
2025: Elara May 10-1 Cieren Fallon 8-13 Fav (P McBride) drawn 1, 5 ran.

3.16 DRAGONBET / EBF RESTRICTED MAIDEN FILLIES' STAKES (5); 2-y-o; winner £4,320; 6f. (10 runners)

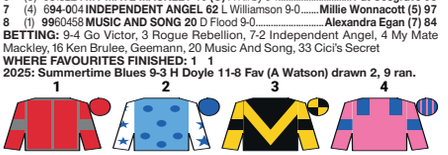
1 (3) 4 **BAHIA BONITA 31** J Jones 9-2.....**Finley Marsh 90**
2 (10) 56325 **GLOBAL SUCCESS 9** J Moore 9-2.....**Taylor Fisher ●99**
3 (8) 830422 **ROMIDIJO 18** C Clover 9-2.....**Pierre Jamin 92**
4 (5) **SO SEXY ME** A Kirby 9-2.....**Pat Cosgrave —**
5 (4) 58 **EASTERN QUEEN 18** J O'Donoghue (Ire) 8-13.....**Donagh Murphy (7) 86**
6 (7) 5 **GOLDEN CATURRA 19** J Gallagher 8-13.....**Joe Leavy 78**
7 (9) 55 **INDEPENDENT ROZE 7** L Williamson 8-13.....**Millie Wonnacott (5) 79**
8 (1) 08 **LEADING RAYA 23** M Usher 8-13.....**non-runner 70**
9 (2) 0 **VOYAGE OF SURVIVAL 18** A McIntyre 8-13.....**William Carson 70**
10 (6) 0 **WINDMILL 23** O Sangster 8-13.....**George Wood 74**

BETTING: 11-9 Global Success, 13-8 Romidijo, 7 Bahia Bonita, 8 So Sexy Me
WHERE FAVOURITES FINISHED: 2 2-3
2025: Cloudbuster 9-2 Hollie Doyle 11-4 (Newland & Insole) drawn 5, 8 ran.

3.51 RACING POST SUPPORTS AUTISM IN RACING HANDICAP (6); 3-y-o; winner £3,768; 6f. (8 runners)

1 (8) 80-0091 **GO VICTOR 14 (D)** T Culhane & S Barclay 9-12.....**Callum Shepherd ●99**
2 (6) 596-0 **CICI'S SECRET 15 (H)** C Pike 9-8.....**Edward Greatrex 83**
3 (7) 9860-05 **GEEMANN 39** J Tickle 9-8.....**Taylor Fisher 93**
4 (2) -017436 **KEN BRULEE 32 (D)** M Usher 9-4.....**Rose Dawes (5) 95**
5 (5) 2993434 **ROGUE REBELLION 9** R Harris 9-2.....**William Carver 96**
6 (3) 6813224 **MY MATE MACKLEY 10 (C)** A Kirby 9-1.....**Pat Cosgrave 98**
7 (4) 694-004 **INDEPENDENT ANGEL 62** L Williamson 9-0.....**Millie Wonnacott (5) 97**
8 (1) 9960458 **MUSIC AND SONG 20** D Flood 9-0.....**Alexandra Egan (7) 84**

BETTING: 9-4 Go Victor, 3 Rogue Rebellion, 7-2 Independent Angel, 4 My Mate Mackley, 16 Ken Brulee, Geemann, 20 Music And Song, 33 Cici's Secret
WHERE FAVOURITES FINISHED: 1 1
2025: Summertime Blues 9-3 H Doyle 11-8 Fav (A Watson) drawn 2, 9 ran.



4.26 PHIL SAUNDERS MIRACLE 70TH HANDICAP (6); value to the winner £3,768; 1m. (13 runners)

1 (8) -801757 **DEVIOUS DEVAN 20** W Muir & C Grassick 5-10-0.....**Pierre Jamin 86**
2 (5) 95635 **FOZZY OSBOURNE 16** G Harris 5-9-13.....**Joe Leavy 90**
3 (11) 2314417 **TOO MUCH TREVOR 16 (C)** G Harris 5-9-12.....**Ashley Lewis (3) 92**
4 (4) 6232262 **GALACTIC GLOW 32** J Tickle 9-9-12.....**Taylor Fisher 97**
5 (12) 96-3112 **DESERT CHARM 15 (CD)** M Murphy 4-9-11.....**Callum Shepherd ●99**
6 (2) 2522212 **KNIGHTMARE 12 (B;BF,CD)** P Evans 4-9-10.....**non-runner 98**
7 (6) 0-90332 **REDHOT WHISPER 55 (H)** A Wintle 5-9-10.....**Finley Marsh 94**
8 (7) 44677 4 **THE BUREAU CLUB 19 (H,T★)** C Pike 3-9-9.....**Edward Greatrex 88**
9 (13) 9865653 **AJRAD 24 (CD)** B Millman 8-9-9.....**George Wood 92**
10 (1) 079132 2 **SCARFO 24 (CD)** B J Llewellyn & R Williams 5-9-5 .**Charlie Tucker (7) 95**
11 (10) 6-53533 **A ROSE ADAAY 16** G Harris 4-9-3.....**Ben Ffrench-Davis (5) 92**
12 (9) 8652444 **WESTON COURT 16 (V;D)** R Harris 5-9-1.....**William Carver 90**
13 (3) 0-9580 **BEAU CHEVALIER 47 (B)** E De Giles 3-8-8.....**Gina Mangan 82**

BETTING: 5 Desert Charm, 6 Galactic Glow, Redhot Whisper, 7 Weston Court
WHERE FAVOURITES FINISHED: 8
2025: Ajrad 7-9-7 Lewis Edmunds 10-3 (B Millman) drawn 8, 13 ran.

5.01 DRAGONBET SUPPORTER OF AUTISM IN RACING HANDICAP (5); winner £4,397; 1m 2f. (6 runners)

1 (2) 671117 **PRIDE OF NEPAL 24 (CD)** A Carroll 8-9-9.....**Donagh Murphy (7) 97**
2 (4) 5-53 **DANCINGONDIAMONDS 17** O Murphy 4-9-4.....**Hugh Horgan (5) 95**
3 (1) 4-6453 **SYMPHONY'S SONG 16** I Williams 4-9-0.....**Ryan Kavanagh (3) 96**
4 (5) 57-5941 **CRIMSON ROAD 16 (CD)** J & R Flint 5-9-0.....**William Carson ●99**
5 (6) -338676 **STIPULATION 12 (D)** M Loughnane 5-8-13.....**George Wood 88**
6 (3) 5445275 **ANNEXATION 4 (D)** A Carroll 10-8-11.....**Molly Gunn (5) 90**

BETTING: 6-5 Crimson Road, 4 Dancingondiamonds, 5 Symphony's Song, 8 Pride Of Nepal, Annexation, 10 Stipulation
WHERE FAVOURITES FINISHED and 2025: No corresponding race.

RACING RESULTS

ASCOT
Going: Good to firm

1.35: 1 TUCO SALAMANCA C L Chau (4-1); **2 Gold Star Hero** (20-1); **3 Fandom** (5-1). 10 ran (All Ways Glamorous 10-3 fav). 1¼l; nk. Ollie Sangster. T: £5; £1.50, £5.40, £2.15. Ex: £75.10. Tricast: £423.30. Trifecta: £448.90. CF: £82.61.

2.10: 1 DANCING IN PARIS L Ferraris (17-2); **2 Shrimp Shady** (11-10 fav); **3 Mountain Road** (10-1). 10 ran. 1l; ½l. I Williams. T: £9.55; £2.65, £1.15, £3.45. Ex: £24.90. Tricast: £100.70. Trifecta: £179.80. CF: £18.29.

2.45: 1 ASGARD'S CAPTAIN R L Moore (13-2); **2 Sportingsilvermine** (16-1); **3 Enemy** (28-1). 10 ran (Night Breeze 9-4 fav). 1¼l; nk. D Cunha. T: £7.50; £1.95, £4.25, £7.70. Ex: £97.70. Tricast: £2714.36. Trifecta: £2907.40. CF: £102.34.

3.20: 1 RED SPELLS DANGER S Osborne (2-1 jtfav); **2 Thunder Call** (2-1 jtfav); **3 May Angel** (5-1). 9 ran. 1½l; ¾l. T Easterby. T: £3.70; £1.40, £1.25, £1.80. Ex: £12.20. Tricast: £16.54. Trifecta: £37.80. CF: £5.55. NR: American Gulf.

3.55: 1 ARCHERS BAY R L Moore (5-2); **2 King Of Berkshire** (8-1); **3 Baltic Fleet** (28-1). 10 ran (Hoseki 13-8 fav). 3¼l; nk. M Botti. T: £3.75; £1.50, £2.70, £4.60. Ex: £27.60. Tricast: £456.11. Trifecta: £528.50. CF: £22.16.

4.30: 1 CROWN BOARD F Valle Skar (10-1); **2 Bullet Point** (7-2 jtfav); **3 Ozat** (7-2 jtfav). 10 ran. 3½l; ns. J Chapple-Hyam. T: £11; £3.25, £2, £1.85. Ex: £58.80. Tricast: £155.20. Trifecta: £385.70. CF: £45.90.

JACKPOT: £5,000, with £3,544.12 carried over
PLACEPOT: £100.50
QUADPOT: £37.10

AYR
Going: Good-good to soft in places

5.27: 1 ROMAN CRYSTAL B Garritty (7-2); **2 Beechwood Glory** (13-8 fav); **3 Unbeatable Fame** (28-1). 9 ran. 1½l; 2½l. M & D Easterby. T: £4.50; £1.60, £1.30, £5.90. Ex: £14.20. Trifecta: £173.30. CF: £9.74. NR: Lone Striker.

6.00: 1 SOUTH PARADE E Tindall (9-2); **2 Startling** (16-1); **3 Harry Mole** (11-2). 12 ran (Harb 4-1 fav). 1½l; 2½l. R & P Fahey. T: £6.30; £2.10, £4.20, £1.80. Ex: £88.90. Tricast: £424.37. Trifecta: £426.90. CF: £76.98. NR: King Of The Jungle.

6.30: 1 POL ROGER S B Kirrane (20-1); **2 Tiger** (6-5 fav); **3 Faeberon** (22-1). 13 ran. nk; 2½l. M Dods. T: £26.30; £5, £1.20, £6.10. Ex: £82.70. Tricast: £610.27. Trifecta: £1048.10. CF: £45.53. NR: Annandale.

7.00: 1 THEORYOFEVERYTHING J Hart (7-2 jtfav); **2 Military Leader** (7-2 jtfav); **3 Breakdancer** (14-1). 10 ran. ¾l; shd. D O'Meara. T: £4.60; £1.90, £1.60, £3.20. Ex: £22.40. Tricast: £158.74. Trifecta: £181. CF: £15.96.

7.30: 1 THUNDERSTORM KATIE Lauren Young (8-1); **2 Whiskey Kisses** (28-1); **3 Mr Cool** (7-2). 13 ran (Kelpie Grey 10-3 fav). 2l; nk. J Goldie. T: £9.50; £2.50, £5.50, £1.70. Ex: £245.20. Tricast: £947.12. Trifecta: £2112.30. CF: £229.63.

8.00: 1 SUPREME CLARETS W Fentiman (5-1); **2 Runninsonofagun** (4-1 fav); **3 Black Storm** (13-2). 12 ran. 1½l; 1½l. R & P Fahey. T: £6.10; £2.20, £1.80, £2.50. Ex: £31.80. Tricast: £139.58. Trifecta: £201.10. CF: £26.98. NR: Phoenix Of Dreams.

HAYDOCK
Going: Good-good to firm in places

1.50: 1 LC TIFFEN Molly Gunn (80-1); **2 Saxophonist** (4-1); **3 Brighton View** (2-5 fav). 5 ran. nk; 1½l. L Williamson. T: £81; £11.10, £1.20. Ex: £224.40. Trifecta: £490.10. CF: £354.47. NR: Claytons Kolatonic.

2.25: 1 SALLAAL R Dawson (1-2 fav); **2 Sea Scout** (11-1); **3 Nahraan** (5-1). 4 ran. 1¾l; 1l. R Varian. T: £1.50; Ex: £5.40. Trifecta: £11.90. CF: £6.32. NR: Danger Bay.

3.00: 1 CALENDAR GIRL C Rodriguez (13-2); **2 Pacific Mission** (12-1); **3 Fallen Angel** (11-8 fav). 10 ran. 1½l; nk. Owen Burrows. T: £7.50; £3.10, £1.20, £2. Ex: £76.20. Trifecta: £298. CF: £79.61. NR: Maeva.

3.34: 1 PELLITORY D Tudhope (3-1); **2 Crimson Spirit** (5-2 fav); **3 Christian David** (3-1). 6 ran. 3½l; ½l. D O'Meara. T: £4; £2.10, £1.80. Ex: £12.50. Trifecta: £31.80. CF: £11.27. NR: Wechaad.

4.09: 1 NORCROSS BROW Liam Wright (4-1); **2 Crafty Blue** (5-1); **3 Galba** (6-1). 8 ran (Norfolk Blue 15-8 fav). nk; 2½l. Charlie Clover. T: £5; £1.60, £1.80, £1.80. Ex: £24.30. Tricast: £109.48. Trifecta: £87.50. CF: £24.66. NR: Berlinetta, Napolian.

4.40: 1 ARCTIC THUNDER K Shoemark (7-2); **2 Inspired** (17-2); **3 Yorkshire** (11-1). 13 ran (Lost Signal 10-3 fav). 2½l; ½l. E Walker. T: £4.70; £1.80, £3, £3.40. Ex: £39.60. Tricast: £313.92. Trifecta: £307.60. CF: £35.20. NR: Skipper.

5.10: 1 HOME HERO L Catton (7-2); **2 Sunshine And Roses** (11-1); **3 Sandy Craic** (3-1). 6 ran (Suggy 5-2 fav). 2½l; ½l. H Palmer. T: £4.80; £2.30, £3.20. Ex: £35.50. Tricast: £122.19. Trifecta: £109. CF: £37.26. NR: Director's Cut, Forever Endless.

PLACEPOT: £155.60
QUADPOT: £16.90

KILBEGGAN
Going: Good-good to yielding in places

5.18: 1 FACILE OCEAN E Finegan (2-1 jtfav); **2 First Ascent** (2-1 jtfav); **3 Not In A Hurry** (28-1). 11 ran. 14l; ½l. Ciaran Murphy. T: £3; £1.50, £1.20, £3.90. Ex: £8.20. Trifecta: £73.80. CF: £5.93.

5.48: 1 CONVINCING E Finegan (8-1); **2 Blue Reed** (7-1); **3 Syosset** (7-4 fav). 13 ran. nk; 4½l. Ciaran Murphy. T: £9.20; £2.60, £1.60, £2.40. Ex: £84.20. Tricast: £146.38. Trifecta: £370.50. CF: £65.42. NR: Zarysgle.

6.18: 1 COOLADDI K Buckley (2-1); **2 Tyson Fury** (6-5 fav); **3 Master Sydney** (11-1). 13 ran. 2½l; 1½l. Conor Maxwell. T: £3.10; £1.20, £1.10, £2.10. Ex: €6. Trifecta: €32.70. CF: £5.28.

6.48: 1 ROCKY'S DIAMOND M Kenneally (10-11 fav); **2 Rememberwhat** (50-1); **3 Drumgill** (5-1). 5 ran. 1½l; ¾l. D Queally. T: £1.91; £1.10, €4.20. Ex: €33.70. Trifecta: €196.30. CF: €25.37.

7.18: 1 ANODANDAWINK Peter Smithers (6-5 fav); **2 Kings Jet** (8-1); **3 The Little Yank** (11-4). 4 ran. 4l; 1½l. Ciaran Murphy. T: £2.20; Ex: €9. Trifecta: €32.50. CF: €9.40. NR: Mistyburn.

7.48: 1 REXEM Josh Williamson (7-2); **2 Jasko Des Dames** (10-1); **3 Mickie Angel** (10-3 fav). 8 ran. 1½l; 4½l. J McConnell. T: €4.50; €1.30, €2.70, €1.30. Ex: €41.80. Tricast: €126.78. Trifecta: €126.80. CF: €37.21.

PLACEPOT: €9.90

LINGFIELD
Going: Standard

5.40: 1 FEMME FATALE G Wood (10-3); **2 Fabled Spirit** (15-2); **3 Last Flight** (13-2). 10 ran (Si White 2-1 fav). hd; ns. J Tate. T: £5.40; £1.60, £2.30, £2.20. Ex: £34.70. Tricast: £156.91. Trifecta: £145.90. CF: £28.40.

6.10: 1 WYLE COP Jason Watson (9-1); **2 Sunlit Sea** (6-5 fav); **3 Go Lockers Go** (15-2). 6 ran. 1¼l; 1½l. Jack Jones. T: £10.50; £4.60, £1.50. Ex: £31.90. Trifecta: £153.20. CF: £20.54.

6.40: 1 HALIMEDE L Morris (8-15 fav); **2 V Power** (10-1); **3 Shopaholic** (15-2). 7 ran. 3½l; 2½l. Sir M Prescott. T: £1.54; £1.10, £3.10. Ex: £6.20. Trifecta: £27.20. CF: £7.96.

7.10: 1 KANZI C Shepherd (8-11 fav); **2 Ozone Friendly** (5-1); **3 Saffron Bay** (10-3). 6 ran. 2½l; ns. C Johnston. T: £1.73; £1.10, £3.40. Ex: £4.20. Trifecta: £10.40. CF: £4.99. NR: Norfolk Dream.

7.40: 1 HUSCAL Jason Watson (evens fav); **2 Tattie Bogle** (11-1); **3 Rogue Supremacy** (13-2). 7 ran. 1½l; 2½l. C Hills. T: £2; £1.60, £2.80. Ex: £10. Trifecta: £55.40. CF: £14.34.

8.10: 1 A LOTT OF KANE J Haynes (6-4 fav); **2 Dr Ali** (12-1); **3 Henry Tudor** (16-1). 10 ran. ½l; 1½l. C Banham. T: £2.50; £1.20, £2.80, £2.30. Ex: £22.30. Trifecta: £215.90. CF: £21.61.

NEWMARKET
Going: Good to firm

1.55: 1 SUGAR YES PLEASE C Bishop (11-1); **2 Nuit D'eclair** (6-4 fav); **3 Martinet** (14-1). 7 ran. ½l; 4½l. E J-Houghton. T: £12; £4.60, £1.50. Ex: £36.60. Trifecta: £226. CF: £27.05.

2.30: 1 EABHA C Bishop (15-2); **2 Mysterious Times** (6-5 fav); **3 Theheatison** (33-1). 7 ran. 1l; nk. E J-Houghton. T: £8.50; £3, £1.40. Ex: £22.30. Tricast: £278.11. Trifecta: £189.70. CF: £16.59. NR: Regal Tiger.

3.05: 1 LEX VICTORIA D Probert (4-1); **2 Thi Qar** (9-1); **3 Watch Party** (13-8 fav). 6 ran. nk; 4½l. S & E Crisford. T: £5; £2.10, £3.30. Ex: £20.20. Trifecta: £52.40. CF: £37.64. NR: Danse Royale, Rubyroo.

3.40: 1 ARCTIC DAWN H Crouch (11-2); **2 Castle Rock** (5-2 fav); **3 Humam** (11-1). 10 ran. ½l; ½l. D & C Kubler. T: £7.20; £2.20, £1.60, £2.80. Ex: £22.70. Tricast: £153.96. Trifecta: £277. CF: £20.15.

4.14: 1 MAN OF VISION Toby Moore (7-2); **2 Go Rimbaud** (6-1); **3 Drymee** (10-3). 6 ran (Runswick 5-2 fav). ns; ¾l. C Appleby. T: £4.50; £2, £2.70. Ex: £21.10. Trifecta: £70.50. CF: £24.03. NR: Luzon Heights.

4.50: 1 BRAVE NATION B Loughnane (15-8 fav); **2 Lion's House** (9-4); **3 Thornaby Pearl** (9-2). 6 ran. hd; nk. M Attwater. T: £2.88; £1.60, £1.60. Ex: £8.40. Trifecta: £21.30. CF: £6.66.

5.23: 1 PRINCE QUATTRO Mason Paetel (10-3); **2 Jack Langley** (11-8 fav); **3 Fram Castle** (10-3). 6 ran. 2½l; nk. James Owen. T: £4.34; £1.90, £1.30. Ex: £9.80. Tricast: £22.60. CF: £8.51.

PLACEPOT: £85.10
QUADPOT: £25.90

REDCAR
Going: Good to firm-good in places

2.02: 1 RAGGAAS Oisin Orr (15-8); **2 Yimmna** (4-7 fav); **3 War And Love** (10-1). 8 ran. 2l; 5½l. S & E Crisford. T: £2.90; £1.10, £1.10, £1.90. Ex: £4.10. Trifecta: £8.50. CF: £3.43.

2.37: 1 SAXON GRACE Shane Gray (3-1); **2 Itszaboy** (33-1); **3 Ice Show** (28-1). 8 ran (Here Comes Louie 13-8 fav). 2½l; ¾l. D Bourke. T: £4; £1.30, £6.50, £6.10. Ex: £94. Tricast: £2352.15. Trifecta: £3686.60. CF: £96.

3.12: 1 WELBURY Oisin Orr (9-1); **2 Barley** (11-2); **3 Nyman** (11-1). 14 ran (Illy's Roo 7-2 fav). 7l; 1½l. E Bethell. T: £10; £2.90, £2.20, £2.90. Ex: £56.30. Tricast: £574.94. Trifecta: £691.10. CF: £60.65.

3.47: 1 ROSENPUR D Keenan (12-1); **2 Fidelius** (12-1); **3 Spring Is Sprung** (4-1). 5 ran (Democracy Dilemma 5-4 fav). ns; shd. J Candlish. T: £13; £3.30, £2.90. Ex: £39.80. Trifecta: £188.40. CF: £115.70.

4.19: 1 DORALEE D Nolan (3-1); **2 Ellie's De Vega** (7-4 fav); **3 Pinpoint** (4-1). 7 ran. 1l; ¾l. D & N Barron. T: £5.10; £1.90, £1.60. Ex: £11.70. Trifecta: £31. CF: £8.62. NR: Brave Bob.

4.57: 1 NEWPORT Oisin Orr (2-1); **2 Dubai Venture** (7-4 fav); **3 Saratoga Gold** (12-1). 9 ran. 1½l; 1½l. I Jardine. T: £3; £1.20, £1.10, £2.70. Ex: £6.90. Tricast: £30.67. Trifecta: £49.20. CF: £5.83. NR: Gemical.

5.31: 1 FRENCH AFFAIR S D Bowen (13-8 fav); **2 Space Bear** (11-4); **3 Masaban** (11-4). 7 ran. nk; ¾l. J Candlish. T: £2.63; £1.80, £1.50. Ex: £7.90. Trifecta: £18.20. CF: £6.39.

PLACEPOT: £331.90
QUADPOT: £50.90

WEXFORD
Going: Good-good to yielding in places

2.15: 1 KINGSIDE LADY A Harvey (33-1); **2 Baby Pearl** (7-1); **3 Casheldale Lass** (14-1). 11 ran (Tell The Boys 11-8 fav). 2l; 3½l. J McConnell. T: £37.50; £6.50, £1.50, £3.20. Ex: €401.10. Trifecta: Not won. CF: €253.40. NR: Ribadora.

2.50: 1 HARPY EAGLE P J Cody (4-1); **2 Ocean Murphy** (13-8 fav); **3 Isdistheone** (2-1). 6 ran. 3l; 11l. R P Cody. T: €5; €2.10, €1.80. Ex: €9.20. Trifecta: €24.50. CF: €11.46. NR: Morell River.

3.25: 1 WEST AWAY P M O'Brien (10-1); **2 Jackson Lamb** (28-1); **3 Scalpnagoon** (11-1). 6 ran (Nadia's Boy 4-11 fav). 4½l; 6½l. P E Collins. T: €12.40; €3, €6.90. Ex: €103.10. Trifecta: €742.60. CF: €153.68. NR: Begger.

4.00: 1 BEGGARS ROCK K Sexton (13-2); **2 Leave In Secret** (5-4 fav); **3 Centreofattention** (12-1). 8 ran. 4½l; 32l. Ian Donoghue. T: €7.50; €1.50, €1.30, €2.70. Ex: €19. Tricast: €99.71. Trifecta: €89.40. CF: €16.51. NR: Tequila Talkin'.

4.35: 1 ROCKONLIAM D J O'Keeffe (7-4 fav); **2 Teenage Kiss** (7-2); **3 Ceroc** (3-1). 7 ran. 6l; ¾l. H De Bromhead. T: €2.75; €1.50, €2.20. Ex: €7.10. Trifecta: €23.20. CF: €9.18.

5.05: 1 RIGHTFOLKSPLEASE K P Healy (2-1 fav); **2 Lady Doyanne** (11-4); **3 Ballybrittas** (3-1). 6 ran. ½l; 3½l. D Queally. T: €3; €1.50, €1.90. Ex: €10.50. Trifecta: €31. CF: €8.68. NR: Kilbrin Rocco.

5.35: 1 ALICIOUS Mr P W Mullins (7-4); **2 Dancing Symbol** (7-1); **3 The Lodge Lane** (10-1). 7 ran (Honey Buck's 11-10 fav). 1½l; 2½l. W P Mullins. T: £2.75; £1.40, £2.60. Ex: €18. Trifecta: €49.80. CF: €15.18. NR: Hee Hiles, La Muleta, Prometteuse.

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GOING: GOOD TO FIRM

2.24 LOROS - IRISH EBF NOVICE STAKES (GBB RACE) (Class 3); 2-y-o; winner £6,804; 7f. (3 runners)

1 (2) 2 **AL WATHBA 29** C Appleby 9-7 ..... **Connor Planas ●99**
2 (1) **EBT'S WARRIOR** W Muir & C Grassick 9-7 ..... **Lewis Edmunds –**
3 (3) 22 **JIMTROTT 38** E J-Houghton 9-7 ..... **Charles Bishop 93**

BETTING: 4-6 Al Wathba, 6-4 Jimtrott, 14 Ebt's Warrior
WHERE FAVOURITES FINISHED: 2 5 3 1 2
2025: Alparslan 9-7 Sam James 14-1 (K R Burke) drawn 2, 6 ran.

2.59 CATALOGUE ENGINEERING NURSERY (5); 2-y-o; value to the winner £4,187; 7f. (6 runners)

1 (6) 32 **LOVE ROME 27** C Johnston 9-9 ..... **Cieren Fallon 97**
2 (2) 321 **GREEK SYMPHONY 27 (D)** O Cole 9-6 ..... **Mason Paetel (5) 98**
3 (3) 31603 **BAYSIDE 38** B Millman 9-5 ..... **Lewis Edmunds 85**
4 (4) 5664 **KATIE'S CAVALIER 15** D Loughnane 9-1 ..... **Silvestre De Sousa 88**
5 (5) 032 **BETTER NATURE 33** J Portman 9-0 ..... **Rob Hornby 94**
6 (1) 63334 **JAZZY BAY 12** E J-Houghton 8-10 ..... **Oliver Carmichael (7) ●99**

BETTING: 7-4 Greek Symphony, 3 Love Rome, 5 Jazzy Bay, 7 Better Nature, 8 Katie's Cavalier, Bayside
WHERE FAVOURITES FINISHED: 1
2025: Boiling Over 9-10 Sam James 1-3f (K R Burke) drawn 3, 3 ran.

3.34 TLC TEDDIES LOVING CARE HANDICAP (5) winner £4,187; 1m 4f (6 runners)

1 301583 **ROBUSTO 29 (B;D)**
(4) E J-Houghton 6-10-0 ... **Harry Vigors (5) 91**
Runs: 39 Wins: 6 (F,5A) Places: 14 £60,350
Better on AW, no disgrace at Chester latest but this trip short enough, sniff

2 832515 **OTTOMAN 15 (B;CD)**
(6) O Greenall & J Guerriero 4-9-9 **Jack Callan 92**
Runs: 22 Wins: 2 (2F) Places: 6 £15,617
C&D winner, better than bare result latest but little leeway in current mark

3 877-14 **MOUNTBATTEN 44 (P★;BF,D)**
(2) Sir M Prescott 3-9-9 ..... **Dylan Hogan 95**
Runs: 5 Wins: 1 (A) £3,825
Easy Sthwell winner but poor on turf debut latest, c'pieces on, jury's out

4 7781 **BARAK WARRIOR 39 (D)**
(1) J Keane 3-9-8 ..... **Silvestre De Sousa 97**
Runs: 4 Wins: 1 (F) £3,454
Enjoyed step up in trip to win at Bath last month, up 7lb, give good account

5 750231 **AL MASLOOL 15 (D)**
(5) W Haggas 3-9-7 ..... **Cieren Fallon ●99**
Runs: 8 Wins: 1 (G) Places: 1 £12,385
Plenty went wrong yet he still squeezed home at Chester, up 2lb, fancied

6 -74115 **SAHM NAIF 19 (B★)**
(3) J Horton 3-9-3 ..... **Ray Dawson 93**
Runs: 7 Wins: 2 (2F) £7,976
Faded late at Nottm in hat-trick bid, first try at 1m4f/blinkers on, threat

BETTING: 5-2 Al Maslool, 3 Barak Warrior, 4 Mountbatten, 6 Robusto, 7 Sahm Naif, Ottoman
WHERE FAVOURITES FINISHED: 1 1-2-3 1
2025: Twilight Moon 3-9-6, T Whelan 6-5 Fav (M Tregoning), drw 3, 6 ran.

Sunracing FORM

ROBUSTO (8-13) 17-2 in touch, ridden 2f out, headway final furlong, took third close home, not reach leaders, 3rd of 8 (btn nk) to Nibras Gold (9-9) (Chester 1m rcp) £7,731 good).
AL MASLOOL (9-4) 5-2 fav in touch with leaders, dropped to midfield halfway, waiting for room 2f out, switched right and ran on well final furlong, all out and led final stride, bt Risk Averse Rebel (8-2) ns
OTTOMAN (9-9) 9-1 midfield, headway 2f out, chased leading quartet inside final furlong, weakened final strides, 5th (btn 7¼l) (10 ran) (Chester 1¼m hcap (5) £7,731 good).
MOUNTBATTEN (9-3) 4-5 fav led, pushed along over 3f out, ridden over 2f out, headed over 1f out, soon beaten, last of 4 (btn 4¾l) to Kelly Burn (9-6) (Yarmouth 1½m hcap (5) £4,397 good to firm).
BARAK WARRIOR (9-3) 4-1 towards rear, headway over 2f out, ridden 1f out, stayed on strongly to lead inside final furlong, bt Campeona (8-13) 2l (7 ran) (Bath 1¼m hcap (6) £3,454 firm).
SAHM NAIF (9-11) 9-4 soon led, ridden over 2f out, headed final 110yds, soon weakeend, 5th of 6 (btn 1¼l) to Takeitorleaveit (9-4) (Nottingham 1m 1f hcap (6) £3,454 good to firm).

4.09 DAVE MYERS MEMORIAL FILLIES' HANDICAP (5) winner £4,187; 1m (5 run)

1 -43541 **CANCELLED 11 (CD)**
(4) J & A O'Neill 5-10-3 ..... **Kevin Stott 98**
Runs: 15 Wins: 2 (2F) Places: 4 £28,840
Back to form over C&D last month, 3lb rise looks fair, won't be far away

2 0-3445 **VENETIAN SKY 29**
(1) W Haggas 3-9-7 ..... **Cieren Fallon 95**
Runs: 5 £2,989
Troubled passage at Chester last time, 1m should suit, taken seriously

3 8-7232 **SPIRITOFTHEBLUES 11 (BF)**
(2) D O'Meara 3-9-6 ..... **Mark Winn ●99**
Runs: 6 Wins: 1 (G) Places: 2 £9,108
Behind Cancelled latest, little between them on revised terms, player

4 33-635 **KAORI 18 (P★)**
(5) G Boughey 3-9-4 ..... **Jack Callan 90**
Runs: 6 Places: 1 £6,601
No disgrace at Lingers latest, c'pieces on and nudge down weights, sniff

5 -43413 **TAMZAN 26 (D)**
(3) M Tregoning 3-9-4 ..... **Rob Hornby 97**
Runs: 10 Wins: 1 (G) Places: 3 £13,745
Beverley maiden winner, ran to form back there latest, can't rule out

BETTING: 15-8 Cancelled, 3 Spiritoftheblues, 4 Venetian Sky, 5 Tamzan, 6 Kaori
WHERE FAVOURITES FINISHED: 6
2025: Coeur Jaune 3-9-5, D Tudhope 9-2 (D O'Meara), drw 5, 8 ran.

TEMPLEGATE

2.24 ..... **Al Wathba**
2.59 ..... **Greek Symphony**
3.34 ..... **Al Maslool**
4.09 ..... **Cancelled**
4.44 ..... **ART LOVER (nap)**
5.19 ..... **Clipsham Noble**

TOM PEPPER

2.24 ..... **Al Wathba**
2.59 ..... **GREEK SYMPHONY (nap)**
3.34 ..... **Al Maslool**
4.09 ..... **Cancelled**
4.44 ..... **Art Lover**
5.19 ..... **Pisanello**

■TIC-TAC: Right-handed oval track 1m 5f with a 5f straight. There is a straight mile. ■DRAW: Low numbers best on the straight course. ■LEADING TRAINERS WITH RUNNERS (2021-2026): G Boughey 18-78, W Haggas 11-55, D O'Meara 11-75, E J-Houghton 8-48. THIS SEASON: D Loughnane 2, C Johnston 2, G Boughey 2. ■TOP JOCKEYS WITH RIDES (2021-2026): R Dawson 14-75, R Hornby 11-89, K Stott 9-43, L Edmunds 8-85. THIS SEASON: R Hornby 4, J Callan 4, S De Sousa 3. ■LONGEST TRAVELLER: Baysida (2.59) trained at Cullompton. Round trip of 362 miles. ■JACKPOT: Races 1-6. ■FIRST RACE FOR NEW YARD: 5.19 Read All About It – T Ward to W Muir & C Grassick. ■FIRST RUN SINCE WIND OP: None. ■LIVE ON RACING TV

Sunracing FORM

CANCELLED (10-2) 10-3 soon raced in third, raced keenly, headway to take second 2f out, ridden when led inside final 110yds, ran on well, bt
SPIRITOFTHEBLUES (9-7) 11-8 fav soon led, set steady pace, ridden over 1f out, headed inside final furlong, ran on but no extra towards finish, 3¾l (5 ran) (Leicester 1m hcap (5) £3,926 good to firm).
VENETIAN SKY (9-2) 5-1 held up in touch, hampered 2f out, soon asked for effort, never threatened, 5th of 7 (btn 6¾l) to Dream Vega (8-11) (Chester 7f mdn (4) £7,731 good).
KAORI (9-6) 13-2 midfield, short of room 1f out, asked for effort, plugged on without threatening, 5th of 8 (btn 2¾l) to Wetsand (9-7) (Lingfield 7f hcap (5) £3,978 good to firm).
TAMZAN (9-2) 9-2 raced in third, headway 2f out, ridden 1f out, kept on same pace final furlong, 3rd of 4 (btn 1¾l) to Pendella (9-8) (Beverley 1¾m hcap (4) £5,574 good to firm).

4.44 ADS HANDICAP (4) 3-Y-O; value to the winner £6,281; 6f (6 runners)

1 1-626 **RAY MON DOUGH 15 (D)**
(3) O Cole 9-11 ..... **Hector Crouch ●99**
Runs: 4 Wins: 1 (A) Places: 1 £6,390
Too keen on hcap box at Chester latest, is better than that, in the hunt

2 2187-2 **ART LOVER 29 (D)**
(1) W Haggas 9-11 ..... **Cieren Fallon 98**
Runs: 6 Wins: 1 (GS) Places: 2 £9,021
Better for Chester return last month, build on that and he'll go close

3 2-5720 **EVENING BLUES 15 (H)**
(4) S Hanlon 9-11 ..... **Ben Robinson 94**
Runs: 10 Wins: 1 (A) Places: 4 £26,410
York's Dash too tough latest, but dangerous if bossing this from the front

4 22-110 **SEA COOKIE 31 (D)**
(5) T Clover 9-8 ..... **Neil Callan 97**
Runs: 5 Wins: 2 (2F) Places: 2 £18,977
Newm latest a test too far at this stage of career, this easier, thereabouts

5 167-00 **NUEVO SLOVO 69**
(6) S Pearce 9-7 ..... **Paddy Bradley 84**
Runs: 6 Wins: 1 (G) £6,218
Ayr maiden win at two, but poor both starts for this stable this year, avoid

6 52416 **PERCY'S STAR 36 (C)**
(2) C Dwyer 8-12 ..... **Silvestre De Sousa 93**
Runs: 5 Wins: 1 (G) Places: 1 £6,833
Won hcap here (5f) in June, taken on for lead at Newm latest, dangerous

BETTING: 2 Art Lover, 7-2 Sea Cookie, 4 Ray Mon Dough, 5 Evening Blues, 6 Percy's Star, 16 Nuevo Slovo
WHERE FAVOURITES FINISHED: 9
2025: Dark Cloud Rising 9-11, D Tudhope 9-2 (D O'Meara), drw 8, 9 ran.

Sunracing FORM

RAY MON DOUGH (9-4) 10-1 towards rear, outpaced and raced wide from 2f out, weakened inside final furlong, 6th of 7 (btn 6¾l) to Calico Blue (9-9) (Chester 6f hcap (3) £15,462 good).
ART LOVER (9-9) 5-1 prominent, ridden into second over 1f out, kept on but no match for winner, btn 1l by Grasmere Boy (9-9) (6 ran) (Chester 6f hcap (4) £7,731 good).
EVENING BLUES (8-8) 10-1 prominent, lost place over 1f out, eased, 18th of 21 (btn 8¾l) to Stratusnine (9-7) (York 6f (2) £51,540 good to firm).
SEA COOKIE (8-5) 18-1 always towards rear, never in race, 12th of 13 (btn 7¾l) to Jazl (9-3) (Newmarket 6f hcap hdle (2) £51,540 good to firm).
NUEVO SLOVO (9-1) 40-1 handy, dropped to rear after 2f, struggling 1f out, soon eased, last of 10 (well btn) to River Spey (8-11) (Windsor 6f hcap (3) £10,468 good to firm).
PERCY'S STAR (9-0) 17-2 close up, ridden 2f out, lost position over 1f out, short of room final furlong, no extra finish, 6th of 8 (btn 4¼l) to Quantum Power (9-2) (Newmarket 5f hcap (4) £6,281 good to firm).

5.19 LEICESTERSHIRE & RUTLAND FREEMASONS CHARITY HANDICAP (6) winner £3,140; 1m 2f. (6 runners)

1 (1) 5756111 **PISANELLO 8 (V)** D O'Meara 9-10-1 ..... **Conor Whiteley (5) ●99**
2 (4) 2193-32 **RICARDO PHILLIPS 18 (BF,C)** H Candy 5-9-9 ..... **Nicola Currie 98**
3 (6) 3952444 **KAMEEL 18 (B★)** J Macey 4-9-8 ..... **Oliver Stammers 94**
4 (5) 9839035 **HACHIMAN 18** R Carr 4-9-7 ..... **James Sullivan 91**
5 (2) 6541461 **CLIPSHAM NOBLE 18 (CD)** C Clover 4-9-5 ..... **Liam Wright (5) 97**
6 (3) 60-0380 **READ ALL ABOUT IT 78** W Muir & C Grassick 4-9-4 **Lewis Edmunds 85**

BETTING: 7-4 Pisanello, 5-2 Ricardo Phillips, 4 Clipsham Noble, 6 Kameel, 10 Hachiman, 25 Read All About It
WHERE FAVOURITES FINISHED: 3-5
2025: Angel On High 8-9-6 Joe Leavy 11-2 (A Wintle) drawn 5, 12 ran.

LONG SHOT **GAZELLE D'OR (2.50 Curragh) has been a good second on her past two runs and today's rider takes off a handy 5lb as she tackles her favourite course and distance.**

DOWNPATRICK

GOOD (GOOD TO FIRM)

1.58 MARES MAIDEN HURDLE; winner €7,200; 2m 2f. (7 runners)

1 66-4 **LILANNBEE 17 (D)** S Carey 5-11-7 ..... **M Kenneally (5)**
2 97-8 **SHODA 11** J O'Brien 5-11-7 ..... **J Slevin**
3 65-4 **SEARCOG 13** P Magee 4-11-4 ..... **E Walsh**
4 /F03 **SANTA PAULA 30** D McLoughlin 6-10-13 .. **P O'Brien (5)**
5 **PP-** **TUBBERFINN LASSIE 294** J Carr 8-10-13. **E Finegan (5)**
6 64 **CLANOKRE LASS 65** G Elliott 4-10-10 ..... **S Ewing**
7 P **GREENROAD GIRL 23** R Watson 4-10-10 **C Stone-Walsh**

Shoda ●99, Santa Paula 91, Lilannbee 88.

9-4 Shoda, 3 Lilannbee, 7-2 Santa Paula, 4 Clanokre Lass, 7 Searcog, 20 Tubberfinn Lassie, 100 Greenroad Girl

2.33 HURDLE; winner €12,000; 2m 2f. (7 runners)

1 1319 **CHANCEAWETMORNING 56 (BF)** G Elliott 6-11-9 **J Williamson (5)**
2 93-1 **COSMOS D'AINAY 30 (D)** G Elliott 6-11-7 ..... **J Kennedy**
3 -118 **MALBAY MADNESS 36 (H;CD)** D McLoughlin 6-11-5 **P O'Hanlon**
4 5274 **TRASNA NA PAIRCE 18 (B★)** H Bromhead 7-11-5 **D O'Keeffe**
5 /05- **CAP BERNAT 420** R McNeilly 13-10-13 ..... **non-runner**
6 /7-P **SHINNHILL 86 (CD)** N McKnight 9-10-13 .. **P O'Brien (5)**
7 -730 **TRIBAL MOON F8** N Kelly 5-10-13 ..... **E Dunseath (7)**

Chanceawetmorning ●99, Malbay Madness 98, Cosmos D'ainay 96.
2 Cosmos D'ainay, 3 Chanceawetmorning, Malbay Madness, 4 Trasna Na Pairce, 20 Shinnhill

3.08 HANDICAP HURDLE; winner €6,000; 2m 2f. (12 runners)

1 -903 **KALSMAN 57 (H;C)** L Lennon 8-12-0 ..... **K Buckley**
2 135- **PRALOGNAN 255 (CD)** A Martin 7-11-13 ..... **D King**
3 P-54 **TROPICAL TWIST 17** G Elliott 5-11-8 ..... **J Kennedy**
4 6/0- **AUGUSTA GEORGE 226** W Bryson 8-11-5 ..... **S Ewing**
5 8654 **PARKGARVE 23 (B★)** I Donoghue 6-11-5 .... **P O'Hanlon**
6 6-82 **BARROGSTOWN GIRL 16** J Fahey 6-11-4 ..... **A Kelly**
7 00-0 **LEITZEL 97** S McParlan 6-11-4 ..... **A O'Sullivan (5)**
8 8-40 **FINE PRINT 28** J McConnell 5-10-13 ..... **A Harvey**
9 3U36 **GRANLAHAN 19** A McGuinness 4-10-9 ..... **D O'Keeffe**
10 -B93 **GORTMORE LADY 26** C Murphy 6-10-8 **Mr J Costello (7)**
11 -906 **MOUNT HOTHAM 17** J Hanlon 7-10-6 ..... **D Mullins**
12 000- **LA ROCCA LASS 111** D Day 6-10-2 ..... **J Halford (7)**

Gortmore Lady ●99, Granlahan 98, Tropical Twist 97.
4 Gortmore Lady, 9-2 Barrogstown Girl, 5 Tropical Twist, 6 Pralognan, Granlahan, 8 Mount Hotham, 12 Parkgarve

3.43 MARES HANDICAP HURDLE; winner €9,000; 2m 6f. (12 runners)

1 -P83 **COBRA QUEEN 23 (D)** H Bromhead 7-11-12 **D O'Keeffe**
2 4-1U **SAMBA TRAIN 11 (D)** E Bolger 5-11-12 ..... **M Walsh**
3 -430 **BILLIE FRECHETTE 11** N Meade 5-11-11 **Mr F Tegetmeier (7)**
4 3-32 **THEFLYINGBEE 87 (C)** F Hand 9-11-11 **Mr J R Martin (7)**
5 PP-7 **CAMLIN PARK 11 (C)** J McConnell 6-11-5 ..... **A Harvey**
6 -212 **POETIC TWIST 55 (D)** G Elliott 5-11-3 ..... **J Kennedy**
7 1521 **GANGSTER GRANNY 26 (CD)** C McBratney 5-11-0 **S Flanagan**
8 1613 **JOYA DEL MAR 26 (CD)** D McLoughlin 8-11-0 **P O'Brien (5)**
9 6-65 **OH JANEY 26 (C)** S Crawford 6-10-12 ..... **S Ewing**
10 -717 **SHANNON BANK 40 (BF)** A Kinirons 7-10-12 non-runner
11 2-06 **MISS LIA 57 (BF)** P Rothwell 6-10-1 ..... **S Torrens**
12 -434 **STEPS IN THE SAND 3 (C)** C Murphy 7-10-0 **Mr J Costello (7)**

Gangster Granny ●99, Joya Del Mar 98, Poetic Twist 97.
4 Gangster Granny, 9-2 Poetic Twist, 6 Theflyingbee, Joya Del Mar, 7 Cobra Queen, 8 Samba Train, 10 Oh Janey

Sun FORM

COBRA QUEEN (11-0) 18-1 prominent, 5th halfway, headway to 2nd after 7th, mistake 3 out, ridden before 2 out, lost second last, no extra close home, 3rd of 16 (btn 2l) to My Gaffer (10-9) (Killarney 2m 7f hcap hdle €12,000 good).
SAMBA TRAIN unseated rider latest, earlier (11-7) 2-1 fav in touch, headway and tracked leader before 5th, improved to 2nd after 4 out, led narrowly last, headed run-in, kept on best to lead final strides, bt **POETIC TWIST** (10-13) 9-4 in touch, led narrowly before 3 out, headed last, led run-in, kept on, headed final strides, nk (16 ran) (Killarney 2½m mdn hdle €7,200 good to yielding).
CAMLIN PARK (10-13) 125-1 tracked leaders, dropped towards rear halfway, pushed along after 2 out, kept on from last, went 7th-run-in, 7th of 20 (btn 15l) to Venusienne (11-9) **BILLIE FRECHETTE** (11-5) 12-1 rear of mid-division, no impression from 2 out, 16th (btn 37l) **SAMBA TRAIN** (10-12) 6-1 tracked leaders, unseated rider 5 out, (20 ran) (Galway 2m hcap hdle €18,000 good).
THEFLYINGBEE (11-0) 7-1 mid-division, progress in 3rd after 2nd, improved to lead last (normal 3 out), headed 1f out, dropped to 3rd inside final furlong, rallied in 2nd closing stages, held, btn ¾l by Chanceawetmorning (10-12) (11 ran) (Clonmel 2m 1f hcap hdle €9,000 good to yielding).
POETIC TWIST (11-3) 10-3 tracked leaders, dropped off pace into mid-division at halfway, headway into close 3rd 2 out, no impression on winner before last, kept on one pace inside final furlong, btn 25l by Carmel's Phoenix (9-13) (ran) (Kilbeggan 2m 3f hdle €7,200 good).
GANGSTER GRANNY (10-13) 11-1 tracked leaders in 3rd, went 2nd after 3 out, challenged over last, soon disputed lead, advantage under pressure 150 yards out, stayed on well, bt Lemmy Caution (11-9) 5½l (6 ran) (Downpatrick 2½m nov hdle €9,000 good).
JOYA DEL MAR (11-2) 5-1 ran 2nd and disputed, advantage before 4th, joined after 3 out, headed over last, soon 3rd and no extra under pressure, stayed on, 3rd of 13 (btn 3l) to Tolka Row (10-8) **OH JANEY** (11-6) 18-1 mid-division, chased leaders when slipped slightly on bend before last, soon no impression under pressure, 5th (btn 4l) (Downpatrick 2½m hcap hdle €7,200 good).
SHANNON BANK (12-0) 5-1 jt fav towards rear, progress in 9th before 4 out, effort approaching straight, one paced after 2 out, 7th of 14 (btn 21l) to Chosen Shant (10-13) (Wexford 2m hcap ch €6,000 good).
MISS LIA (10-10) 9-2 jt fav held up towards rear, progress into 5th before 4 out, ridden and mistake 3 out, no extra before next, 6th of 12 (btn 17l) to Fr Gilliganvoyage (9-7) (Downpatrick 3m hcap ch €6,000 good).
STEPS IN THE SAND (11-6) 13-2 tracked leader in 2nd, lost place 3 out, 4th 2 out, no impression under pressure before last, stayed on, 4th of 16 (btn 4½l) to Justicialism (11-5) (Sligo 2½m hcap hdle €6,000 good).

4.18 MAIDEN HURDLE; winner €7,200; 2m 6f. (9 runners)

1 -096 **G N JEFFERSON 16 (T★)** J McConnell 5-11-4 **S Fitzsimons (7)**
2 **22-0** **I CAN FIND EM 11** G McGill 5-11-4 ..... **Mr O McGill (5)**
3 047/ **LYGON LAD 490** G Elliott 6-11-4 ..... **J Kennedy**
4 6-70 **PAYMELATER 36** S Millar 7-11-4 ..... **R Doyle**
5 **4P-6** **THAT'S IT PADDY 89** I Donoghue 5-11-4 **C Stone-Walsh**
6 2 **YOUNG DORAN 76** P Rothwell 5-11-4 .... **T Power Roche**
7 57P2 **MAGICAL SAL 26** C McBratney 6-10-11 ..... **J Slevin**
8 **71-2** **THESILVERBRIDLE 17** J McConnell 5-10-11 **M Kenneally (5)**
9 007 **OOPS A DAISY 30** J Hanlon 4-10-7 ..... **J Younge (7)**

Young Doran ●99, Magical Sal 95, Thesilverbridle 94.
6-5 Young Doran, 11-4 Thesilverbridle, 4 Magical Sal, 10 Lygon Lad, 12 G N Jefferson, 20 That's It Paddy, 33 Paymelater

4.53 HANDICAP HURDLE; winner €6,000; 2m 6f. (11 runners)

1 068- **OCEAN OF DREAMS F11 (T★)** G McGill 5-11-12 **Mr O McGill (5)**
2 -3U2 **GEORGIA CELENA 17 (CD)** J McConnell 8-11-9 **P O'Brien (5)**
3 -926 **SPEAKASYOUFIND 24** P Rothwell 5-11-8... **R Sugrue (7)**
4 2U85 **MY GOOD PAL 16** G Cromwell 7-11-6.. **Mr B Coonan (7)**
5 0554 **SNEDDY EDDIE 16** G Elliott 6-11-3 ..... **J Kennedy**
6 6-00 **HAY BABY 30 (H,T★)** E Mullins 7-11-2 ..... **D Meyler**
7 0-26 **BALLINAGAINE GIRL 36** J Hanlon 6-11-1 ..... **D Mullins**
8 -550 **BOB THE BUILDER 30** P Rothwell 9-11-0... **E Staples (5)**
9 -04P **SOMETHING SIMPLE 34 (P★)** J Hanlon 6-10-11 **D O'Keeffe**
10 970 **SONNA LADY 23** J Hanlon 4-10-8 ..... **C Stone-Walsh**
11 -797 **SINEADS FANCY 19 (CD)** S Ryan 9-10-4 ..... **D King**

Georgia Celena ●99, My Good Pal 98, Sneddy Eddie 97.
11-4 Georgia Celena, 5 My Good Pal, 11-2 Hay Baby, 6 Sneddy Eddie, 7 Speakasyoufind, 12 Ocean Of Dreams

5.28 NAT HUNT FLAT; winner €6,601; 2m 3f. (6 runners)

1 **GREENMEANSGO** J Carr 7-12-0 ..... **Mr B Coonan (7)**
2 -626 **MARTYMILL 10** A McCann 5-12-0 ..... **Miss A O'Connor**
3 63 **TOMMY'S TICKET 19** C Timmons 5-12-0 **Mr J Dunne (7)**
4 **PP-** **VARGAS 245** G Elliott 5-12-0 ..... **Mr H Swan**
5 3 **CULLDOO 93 (BF)** W P Mullins 4-11-4 ..... **Mr P Mullins**
6 3 **LOVES A LAUGH 26** S Crawford 4-11-4 **Miss H Ross (7)**

Martymill ●99, Culldoo 97, Tommy's Ticket 91.
11-8 Culldoo, 4 Martymill, 5 Vargas, 6 Loves A Laugh, Tommy's Ticket, 14 Greenmeansgo

TOM PEPPER

1.58 ..... **Shoda**
2.33 ..... **Cosmos D'ainay**
3.08 ..... **Tropical Twist**
3.43 ..... **Cobra Queen**
4.18 ..... **Young Doran**
4.53 ..... **Georgia Celena**
5.28 ..... **Culldoo**

■TIC-TAC: R-H undulating track, 11f round with tight bends and a stiff uphill finish. ■LEADING TRAINERS (2021-2026): G Elliott 50-315, W P Mullins 25-80, J McConnell 22-187, G Cromwell 22-140. THIS SEASON: D A McLoughlin 5, G Cromwell 5. ■TOP JOCKEYS (2021-2026): J W Kennedy 16-82, P W Mullins 13-28, S Ewing 10-59, D J O'Keeffe 10-102. THIS SEASON: S Ewing 2, J Williamson 2. ■LONGEST TRAVELLER: Theflyingbee (3.43) trained at Meath. Round trip of 206 miles. ■JACKPOT: Races 3-6. PLACEPOT: Races 1-6. ■TRAINERFAX: G Elliott won the 2.33 in 2023 and 2024, and won the 3.43 in 2018 and 2023. W P Mullins won the 5.28 in 2022 and 2023. J McConnell won the 3.43 in 2021 and 2025. ■LIVE ON RACING TV

DOG TIPS & RETURNS

SELECTIONS

■**YARMOUTH: 11.01 Billy And Bob (2-4-5) 11.18 Makeit Tyson (nap) (3-4-5) 11.34 Ramblin Wild (3-2-4) 11.52 Own View (6-5-1) 12.09 Swift Illinois (3-5-1) 12.26 Fastnet Ranger (3-2-5) 12.42 Great Pet (4-1-5) 12.59 Curraleigh Rose (3-6-2) 1.17 Horizontal (5-4-2) 1.33 Cansherun (3-4-2) 1.51 Yummy Yummy (4-1-2) 2.07 Diva Luna (nb) (3-1-2)**
■**SUNDERLAND: 11.09 Hands Off Enda (3-4-1) 11.27 By And Large (nap) (2-6-5) 11.43 Amber Dollar (3-1-5) 12.01 Glideaway Ellie (3-4-2) 12.18 Matts Bomber (2-3-4) 12.34 Baby Centurion (nb) (4-5-6) 12.51 Romantic Jake (3-6-1) 1.08 Cagey Nancy (1-6-3) 1.26 Mustang Poppy (4-5-6) 1.42 Louises Lass (3-4-1) 1.59 Strike It Hannah (5-1-4) 2.14 Nickos Hunter (2-6-4)**
■**SHEFFIELD: 2.29 Easy Mix (5-6-2) 2.48 Newinn Polly (nap) (1-2-3) 3.07 Catunda Tyson (2-6-5) 3.26 Tip Top Peaky (nb) (2-6-4) 3.44 Autumn Lydia (3-6-1) 4.03 Mossrich Mossy (1-2-3) 4.22 Corcass Ranger (1-4-5) 4.41 Romeo Force (1-2-4) 4.59 Quality Style (2-4-3) 5.18 Bockos Buster (4-3-2) 5.37 Blow Out (5-2-4) 5.56 Thurlesbeg Lexy (4-5-2)**

RETURNS

■**MONMORE: 11.01 Good Gold 6-4f (2-4-5 BAGS F £8.43 TC £19.59). 11.18 Westway Kai 7-2 (1-3-6 £14.07 TC £26.07). 11.34 Bellas Fox 6-4f (2-4-3 £20.90 TC £69.45). 11.52 Longacres Shotta 11-4 (2-4-1 £50.67 TC £216.16). 12.09 Longacres Fee 2-1jt (6-1-2 £7.23). 12.26 Yama Wizard 4-5f (3-4-2 £4.91 TC £10.14). 12.42 Dhustone Spud 7-2 (1-6-2 £11.57 TC £32.75). 12.59 Good Maverick 4-1 (4-3-1 £16.19). 1.17 Aero Mockery 9-4 (4-2-6 £8.10). 1.33 Millview Mags 11-8f (4-3-6 £3.96). 1.51 Union Raider 9-2 (3-1-4 £14.38). 2.07 Ballybough Mikey 5-4f (5-4-2 £7.02).**
■**NEWCASTLE: 2.28 Teddys Lass 8-1 (4-1-6 BAGS F £22.47). 2.48 Alnwick News 9-1 (DH 2nd 2-6-1 £14.56 TC £35.93, 2-1-6 £25.55 TC £45.61). 3.08 Ballycian Boy 11-10f (4-5-2 £4.49. 3.28 Canny Stunner 7-4 (3-5-2 £5.38). 3.48 Katies Captain 4-1 (6-1-2 £28.93). 4.08 Alnwick Tornado 5-2 (4-6-5 £20.42 TC £44.01). 4.28 Howay Suarez 11-8f (3-1-5 £6.99). 4.48 Johnny Chase 11-8f (1-2-3 £5.84 TC £15.08). 5.08 Salahs The Goat 3-10f (3-5-1 £5.46 TC £16.38). 5.24 Wirtz Class 8-1 (3-6-1 £42.87 TC £112.53).**

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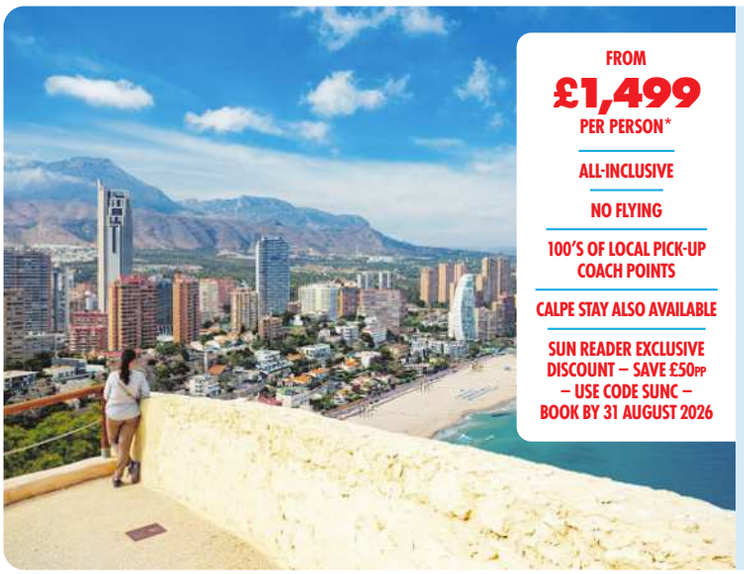

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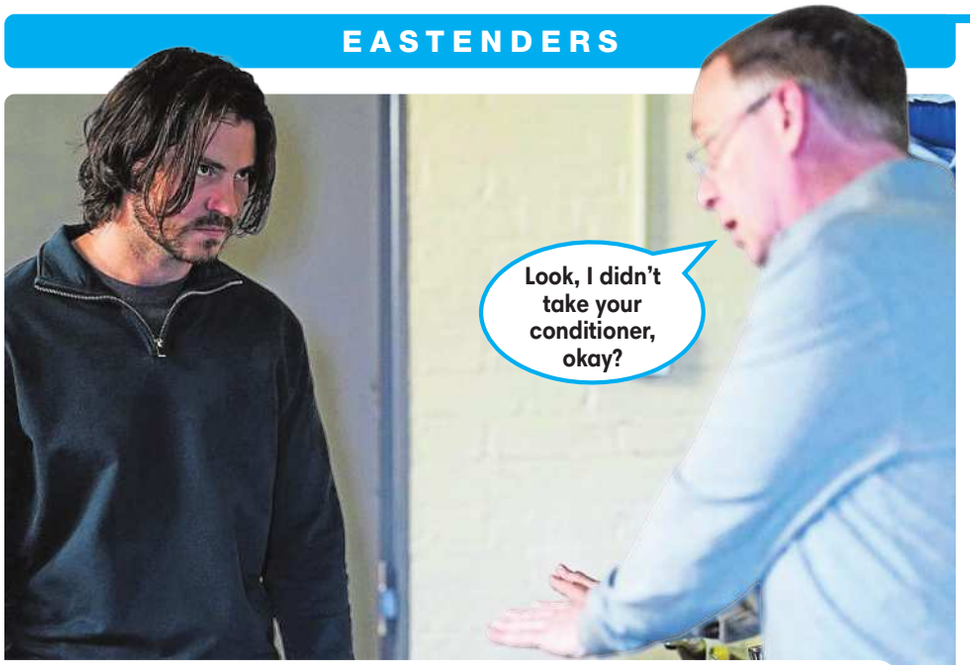


JAILHOUSE SHOCKS

It's safe to say Ian Beale's not cut out for prison life, and Gray takes advantage of that, offering to be his knight in shining armour and protect him from the big, bad jail bullies, on one condition – Ian persuades Chelsea to pay a visit. Not surprisingly, Ian's not thrilled with the idea, but after worrying rumblings on the wing (and we don't mean from dodgy porridge), he eventually caves in.

Back in the Square, Jack and Kim try to dissuade Chelsea from heading to the prison but, presumably still guilt-ridden about not making it to court before the verdict was delivered, she won't be talked down. So Kim kindly offers to mind Jordan while she's gone, and takes him out with Pearl. Little does Kim know that Sheila's lying in wait, and when she spots that the coast is clear (because Kim *is* easily distracted), she whisks Jordan away – but to where? Well, that's what Jack starts trying to find out after hearing the news. While he's making some phone calls, panicking foghorn Kim shows up at the hospital and blurts out everything to Denise before Jack can break it a bit more gently.

Meanwhile, in the prison, Ian's aghast when he realises Gray's plan and tells Chelsea to go before something bad happens. Sadly, he's too late, and something bad does happen! With Chelsea preoccupied, Denise vows to be the hero, so while Jack's back is turned, Denise sneaks off with Kim, determined to pursue Sheila herself...

COPS AND DOBBERS

Working out who to trust is the only game in town currently for Albert Square's Brat Pack. But when they hold another secret meeting to discuss Joel, Craig spies the huddle, forcing them to flee sharpish. But he's not stopping there, and the young cop later corners Amy to try to get some more information about Joel's attack, until Jack interrupts. Ricky and Lily are next to share a hushed chat, and if things keep going on like this for much longer, we're going to have to use that volume button on our remote a lot more. The latest round of whispering comes to a halt when Jean closes in, and she then tells Kat that she's worried about Lily – only for Eve to reveal that she's just seen the girl at No.43, where she's gone for a chat with Joel.

Concerned Jean makes like an Olympic sprinter and dashes over to drag her home, but it's not long before Lily finds herself with Craig – and she reveals what she saw the day Joel was hospitalised. When the gang gather *again* for another gossip (do they not have WhatsApp in Walford?), Joel decides to confront them, before Jean and Priya break up the party. But as secrets come to light, it all kicks off and Amy heads home for a row with her dad. Sensing her upset, Craig offers Amy a shoulder to cry on and, as they chat in the park, Amy makes *another* revelation. There seems to be a lot of loose lips in the Square all of a sudden – or is Craig using shady methods to crack the case?

BIRTHDAY BLUES

Kids' birthday parties can be fraught at the best of times, and Eve and Suki face a challenge when they host a bash for little Ria, because her own mother doesn't show up. So it's fair enough when she decides that rather than blow out the candles on her cake, she'd prefer to toss the whole thing on to the floor. Saves cutting it up, anyway.

So far, playing mum hasn't come easy to Eve, but thanks to some wise words from Nicola, she's the one to calm Ria when the girl locks herself away at her own party. The breakthrough leads to a heart-to-heart for former sparring partners Nicola and Eve, who bond over the difficult relationships both had with their parents, though confession time's over for Nicola once Harry shows up. She later offers to host a birthday party for Kojo, on the anniversary of her own father's death, leaving her family concerned about her behaviour.

IT'S OFFICIAL!

New Year is all about resolutions to be better, so maybe 1 January 2027 is the perfect date for Max and Cindy to begin the marriage they vow to get right. Having started out snarling and sniping, they're now loved up as they make the wedding day official. However, thoughts about the future with his feisty bride don't seem to be front and centre in Max's mind for long. That's because his minx-of-a-mistress Priya has taken it upon herself to put on a performance at the car lot to get his attention.

Up until now Max has (just about) kept their dodgy dalliance under wraps, but the chancer is pushing his luck. If Max doesn't halt these hook-ups soon, surely it'll only be a matter of time before Cindy learns the truth and sends him packing…

CORO[illegible] STREET

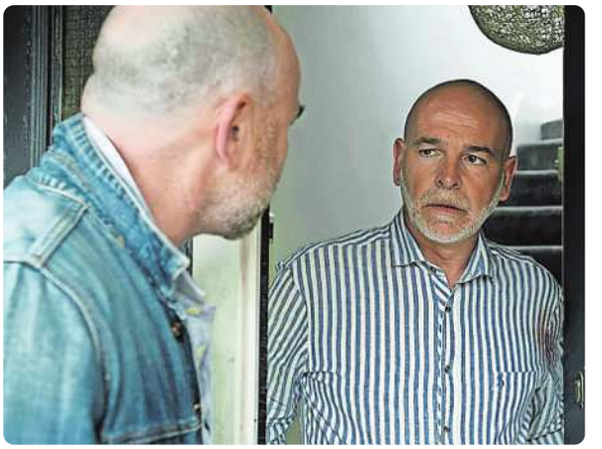
CORRIE AIRS SUNDAY 7.30PM, MONDAY & TUESDAY 8.30PM AND THURSDAY & FRIDAY 8.30PM

SARAH COPS IT

Having a police-officer fiancé isn't going to win you any friends behind bars, as Sarah finds out this week. She gets the jitters when a thuggish inmate gives her dirty looks (the least of her worries), and when Bethany visits, she's horrified to see Sarah's bruised face, which her mum plays down. Sarah makes the tough decision to end her relationship with Kit because she knows being engaged to a potential murderer (we *know* she 'dunnit', but she's yet to be convicted) isn't the best look for the detective.

Kit takes the break-up badly and knocks back vodka (the medicine of choice for heartbreaks), then Jodie approaches him and pretends to do a nice thing by offering to buy him a pizza (another misery staple). Will he succumb to the lure of a margherita with mushrooms?

Meanwhile, Sarah confides in her prison chum Kacey that her ex-partner has stepped up to look after her son. Kacey responds that everyone knows he's a copper, but that she will protect her. Bethany is unnerved during her next visit when Kacey stares at them, but Sarah says she's her lifeline. She clearly didn't read the prison handbook…



BLOODY HELL, TIM!

Tim was over the moon when his cousin Richie turned up, and of course it was the trigger for the mother of all booze-ups. Tim fibs to Sally about his big night out with Richie, though Richie then arrives with a holdall after being thrown out by his wife, forcing Tim to tell Sally the truth (the dog house is ready for you, Mr Metcalfe!).

After allowing Richie to stay on the sofa, Sally tells Tim that she wants his cousin out, so Richie arranges to stay with a friend in Liverpool. Tim urges him not to give up on his marriage and to go home (relationship advice from *Tim*?). However, Tim later comes across Richie's wallet, so he takes it to his cousin's house where, alarmingly, a disorientated Richie opens the door with a shirt splattered with blood. Shocked by what he sees next, Tim calls 999.

Later in the week, Lisa informs Tim and Sally that Richie has been charged with murdering his wife, but he's claiming he did it in self-defence, and his daughter Lucy has been taken into care. Then Tim decides, unwisely, to take the girl in *without* consulting Sally…

EMMERDALE

BREAKING DAWN

Dawn is torn as she struggles to believe that Joe would attack Billy, but her ex-husband sticks to his story and tells her that he *saw* her fiancé assault him. There's heartbreak for Dawn as she eventually accepts that Billy must be telling the truth, and he wastes no time in suggesting they leave the Dales and start afresh elsewhere. While Dawn considers Billy's somewhat drastic proposition, he opens up to DS Byrne about what really happened when he was attacked.

Later, Caleb is livid to learn that Billy has *cleared* Joe of assaulting him, but it turns out to be part of a bigger plan as Billy explains that he's just trying to keep Joe happy while scheming behind his back. Billy tells Caleb about his plot to escape with Dawn, but will his boss help him? Soon, Dawn is on board with Billy's idea and even invites him to stay at Home Farm while he recovers. As the pair iron out the finer details of their escape plot, Dawn reckons Joe's upcoming stag do will be the perfect cover for them to flee the village undetected…

DOCTOR DOOM

Actress Emma Atkins told *TV Soap* last week that her character Charity would soon come face-to-face with her rapist, Dr Todd, and that showdown arrives this week. Todd has no shame or remorse over what she's put Charity through over the past few months, and last week she brazenly walked into Jacobs Fold as if nothing had ever happened between them. After getting over her initial shock and panic at seeing her manipulative abuser again, Charity begins to feel empowered and gives Todd a piece of her mind, before ordering her to leave her home.

Unfortunately, it's not that easy and Todd refuses to get out, then attempts to provoke Charity and even has the cheek to threaten *her* with legal action. Having had enough of Todd's games, Charity demands a confession for what she did to her, but the evil doctor tries to turn the tables and says she will tell Sarah the truth about baby Leyla's parentage. Things get extremely heated as the women continue to row and Charity bravely brands Todd a rapist. But little do they know they're not the only ones inside the house – someone has overheard *everything*...

EMMERDALE AIRS SUNDAY 7PM, MONDAY & TUESDAY 8PM AND THURSDAY & FRIDAY 8PM

HOLLYOAKS

DREAD DREAD WINE

Leah clearly can't read the room when she gleefully informs her recently widowed father that she and Imran have made grand plans for their multi-faith wedding. Ste doesn't take the news in, as he's busy mulling over James' revelation that he leaked Rex's personal details to the angry father who went on to kill him. It seems as though the reunion between Ste and James is very much off, but James isn't ready to give in yet, and tries to insert himself into Leah and Imran's plans by holding a wine-tasting session in The Hutch.

Cheering up Ste during the family get-together proves a greater task than James expected when his ex hears that Rex's body is being released and he'll need to organise his late husband's funeral. But it's Imran who's truly left feeling out in the cold, as when he later returns home, he finds Leah out of breath and Prince sneaking off the houseboat. Will he suss that his fiancée's been cheating on him?

HOLLYOAKS AIRS MONDAY TO WEDNESDAY 7PM E4, WITH EPISODES STREAMING ON CHANNEL 4 FROM 7AM

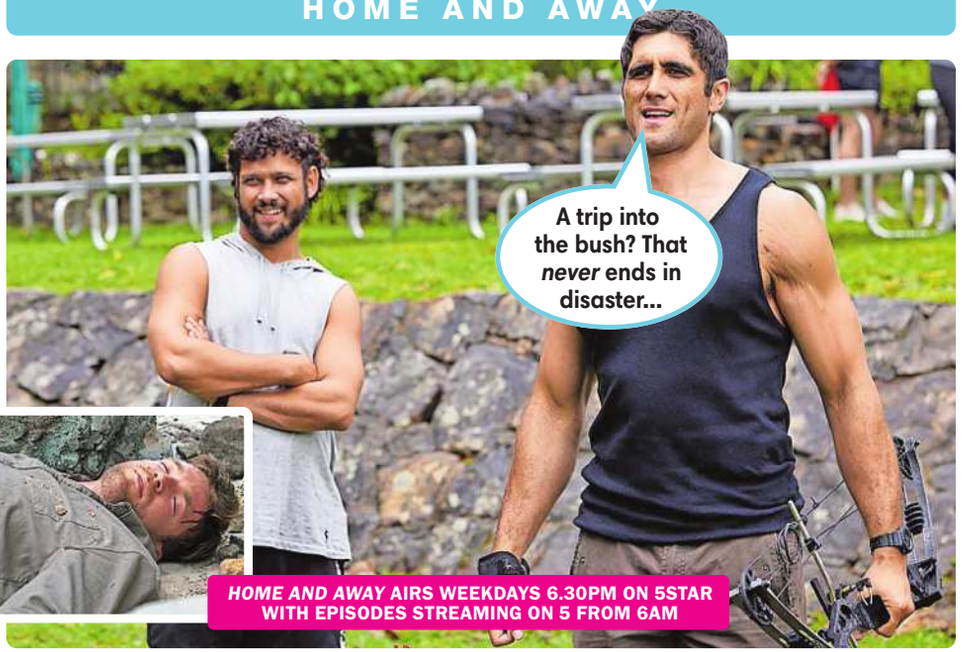
JONAH AND THE WHALE OF A TIME

The term 'blended family' was invented for the Keanes. While we knew Jonah and Caleb were father and son, our minds were blown to discover that Jonah's stepson Maddox is actually (sort of) his aunt Cindy's, owing to a surrogacy agreement gone bad. Now it's the anniversary of the death of Jonah's first wife, Debbie, and it seems his past is no less murky than current wife Beth's…

As the family reflect on Debbie's life, Caleb recalls that his mother always dreamt of going travelling, but never managed it owing to her cancer diagnosis. So he decides to honour his mum by spontaneously vowing to see the world, and asks Frankie to join him. This causes Jonah to feel like he's losing another loved one, prompting him to tell Caleb a shocking secret about Debbie's final days.

The next morning, despite Caleb's frostiness, Jonah invites the locals to a barbecue to celebrate his late wife (who, admittedly, none of them ever met). But when it turns out to be a damp squib – with Darren, Mercy and Myra all failing to get into the spirit – Jonah concocts a risky scheme to liven things up. Soon, Beth is wondering where her anti-anxiety pills have got to, and the guests are having the time of their lives. What has Jonah done?

HOME AND AWAY



HOME AND AWAY AIRS WEEKDAYS 6.30PM ON 5STAR WITH EPISODES STREAMING ON 5 FROM 6AM

ON A CLIFF EDGE

Levi's annoyed about Cash's pity invite to the outdoor adventure with Tane and Mali, so he decides to get his own back by beating Cash in *every* single activity (boys will be boys!). He sticks to his guns – winding up Cash en route – and ups the ante by declaring that the loser of the archery competition has to cough up $50. Thanks to his steady surgeon's hand, Levi hits a bullseye, while Cash manages to claw it back during tree-roping and, in the third part of the competition, the lads are forced to team up for laser tag against Tane and Mali. As you can well imagine, they love beating their teammates and, high on the buzz, Cash suggests extending the trip to go camping.

While Tane heads back to see Archie, Cash, Levi and Mali go trekking and set up camp, with Levi's tales from Doctors Without Borders inspiring Cash and Mali. But the trip doesn't end on a high when Levi wakes up the next morning and peers over the sheer cliff's edge – only for the ground to suddenly crumble beneath him…

SONNY DISPOSITION

Harper and Dana are both left with big questions surrounding their relationships this week – for very different reasons. Dana bumps into John, who reveals that the other winner from the fundraiser pulled out of claiming their prize from him: a free celebrancy package. She says she's not ready to use it, but having earlier had a heart-to-heart with Alf, Dana then decides she *will* pop the question to Sonny! Of course, Dana's oblivious to the fact that Sonny's hooked on steroids and has started dealing to guys at the gym, so throws herself into planning a romantic proposal, just as Sonny gets a demanding text from Beau.

Elsewhere, Beau surprises Harper with a date night, convincing her that Marilyn can babysit. However, when Harper takes Archie's stuff to Marilyn, she ends up dropping her home – leaving Beau livid that Harper isn't where she said she'd be when he checks the tracking app. When Harper returns, Beau grabs her wrist so tightly that he bruises her...

SUNDAY 9 AUGUST

BBC1

HD: Freeview 101 Sky 101 Virgin 101 FreeSat 101

6.00 am Breakfast (S)
9.00 BBC News (S)
10.00 Prayer And Reflection (R,S)
10.30 Pilgrimage: The Road Through North Wales (R,S)
11.30 Money For Nothing A beachy theme is applied to a bookshelf. (R,S)
12.15 Bargain Hunt Christina Trevanion is at the Carmarthen Antiques and Flea Market in West Wales. (R,S)

9pm The Rapture

1.00 BBC News (S)
1.15 Songs Of Praise (S)
1.50 FILM Ruby Gillman, Teenage Kraken Animated fantasy, featuring the voice of Lana Condor. (2023) ★★★ (S)
3.15 Wallace & Gromit: A Grand Day Out (R,S)
3.35 The Mating Game (R,S)
4.35 Homes Under The Hammer Property auctions. (R,S)
5.35 BBC News (S)
5.50 BBC Regional News (S)
6.00 Celebrity Escape To The Country (R,S)
7.00 Countryfile Adam Henson meets young farmers in West Sussex. (S)
8.00 Antiques Roadshow (4/19) Fiona Bruce presents the show from Clissold Park in the London Borough of Hackney. (R,S)
9.00 The Rapture (5/5) A new drawing from Bethany leads Gabs to the old ruins. With Ruth Madeley. (S)
10.00 BBC News At Ten (S)
10.25 BBC Regional News (S)
10.30 FILM Bridget Jones: The Edge Of Reason Romantic comedy sequel, with Renee Zellweger and Colin Firth. (2004) ★★★★ (S)
12.10 Who Do You Think You Are? (R,S) Followed by **Weather For The Week Ahead**
1.15-6am BBC News (S)

BBC2

HD: Freeview 102 Sky 102 Virgin 102 FreeSat 102

6.20 am A To Z Of TV Gardening The Letter R. (R,S)
7.05 Glorious Gardens (R,S)
7.50 Countryfile (R,S)
8.50 Best Of Weatherman Walking (S)
9.20 Beechgrove Garden (R,S)
9.50 Saturday Kitchen Best Bites Series highlights. (R,S)
11.20 Indian Food Made Easy (R,S)
12.20 FILM The Man Who Knew Too Much Thriller remake. (1956) ★★★★ (S)

10pm Inside Llewyn Davis

2.15 LIVE Cricket: The Hundred London Spirit Women v Birmingham Phoenix Women. From Lord's. Start-time at **2.30**. (S)
6.00 LIVE Cricket: The Hundred London Spirit Men v Birmingham Phoenix Men. From Lord's. Start-time at **6.00**. (S)
9.30 Live At The Apollo (3/7) Comedians Celya AB and Neil Delamere perform at the Hammersmith Apollo, hosted by Lou Sanders. (R,S)
10.00 FILM Inside Llewyn Davis An aspiring musician struggles to make a name for himself in the New York folk scene of the early 1960s. Drama, starring Oscar Isaac. (2013) ★★★★★ (S)
11.40 FILM Lady Macbeth A woman married to a rich industrialist becomes starved of companionship - so she begins an affair with a groom from the estate. Drama, starring Florence Pugh and Paul Hilton. (2016) ★★★★ (S)
1.05 Sign Zone: Who Do You Think You Are? (R,S,SL)
2.05 Ann Droid (R,S,SL)
2.35-3.25am The Devil In The Family: The Fall Of Ruby Franke (R,S,SL)

ITV1

HD: Freeview 103 Sky 103 Virgin 103 FreeSat 103

6.00 am James Martin's American Adventure (R,S)
7.00 James Martin's Saturday Morning (R,S)
9.25 ITV News (S)
9.30 Love Your Weekend With Alan Titchmarsh (R,S)
11.25 Fern Britton: Inside The Vet's Documentary. (S)
12.25 Tom Kerridge Cooks Italy Tom learns how farmers produce tomatoes. (R,S)
12.55 ITV News (S)

6pm Force Of Nature

1.05 Force Of Nature (R,S)
2.05 FILM The Spy Who Loved Me James Bond spy adventure, starring Roger Moore. (1977) ★★★★ (S)
4.30 The Chase Around The World (R,S)
5.35 ITV News (S)
5.45 Regional News (S)
6.00 Force Of Nature A hurricane hits a flamingo colony while chicks are still on the nest. (S)
7.00 SOAP Emmerdale Charity confronts her abuser. (S)
7.30 SOAP Coronation Street Bethany visits a bruised Sarah in prison. (S)
8.00 Van Der Valk (2/3) An environmental campaigner is murdered. (S)
10.00 ITV News (S)
10.15 NEW Inside Iran: War & Revolution A look at the impact of protests and military conflict on Iranian citizens. (S)
11.30 Inside The Langham: Britain's First Grand Hotel (3/6) The CEO arrives to inspect one of the hotel's most ambitious renovations. (R,S)
12.00 Shop On TV
3.00 Terror In The Skies: Stopping The Liquid Bomb Plot (R,S,SL)
4.05 Unwind With ITV (S)
5.05-6am Motorsport UK (R,S)

CHANNEL 4

HD: Freeview 104 Sky 104 Virgin 104 FreeSat 104
Wales HD: Freeview 110 Sky 108 Virgin 108 FreeSat 106

6.20 am Cheers Two shows. (R,S)
7.15 Everybody Loves Raymond Three episodes. (R,S)
8.30 The Simpsons A pickpocket targets Springfield. (R,S)
9.00 The Simpsons (R,S)
9.30 The Simpsons (R,S)
10.00 Sunday Brunch Tim Lovejoy and Simon Rimmer are joined by Nick Helm, Delta Goodrem and JB Gill. With live music from Holly Humberstone. (S)

8pm Richard E Grant's Very...

1.00 Jamie Cooks The Mediterranean (R,S)
2.00 Our Farm Next Door: Amanda, Clive And Kids The Owen family balance lambing season with getting their renovation watertight. (R,S)
3.05 Worst House On The Street In Cardiff. (R,S)
4.05 Kirstie And Phil's Love It Or List It: Brilliant Builds (R,S)
4.40 FILM Sister Act 2: Back In The Habit Comedy sequel, starring Whoopi Goldberg. (1993) ★★★ (S)
6.35 C4 News (S)
7.00 Gogglebox Compilation of highlights from series 27, in which the Gogglebox check out more of the biggest and best TV. (R,S)
8.00 Richard E Grant's Very Modern Odyssey (2/4) Richard arrives on Sicily, the home of Cyclops. (S)
9.00 The Piano Claudia Winkleman and Mika are joined by pianist Alice Sara Ott in Manchester. (S)
10.00 Celebrity Gogglebox With Clare Balding and Alice Arnold. (R,S)
11.00 FILM How To Have Sex Coming-of-age drama, starring Mia McKenna-Bruce. (2023) ★★★★ (S)
12.50-2.35am FILM Old Horror. (2021) ★★★ (S)

CHANNEL 5

HD: Freeview 105 Sky 105 Virgin 105 FreeSat 105

6.00 am Milkshake! Followed by **Entertainment News On 5**
9.10 FILM PREMIERE PAW Patrol: The Mighty Movie Animated adventure, with the voice of Mckenna Grace. (2023) ★★★ (S)
11.00 Happy Campers: The Caravan Park (R,S)
12.00 Cruising With Susan Calman The comedian experiences Old Delhi's bustling markets. (R,S)

8pm Dogs Behaving (Very) Badly

1.00 Cruising With Susan Calman (R,S)
2.00 Jane McDonald In Nashville Documentary. (R,S)
3.00 Jane McDonald In Nashville Documentary. (R,S)
4.00 LIVE UK's Strongest Man 2026: The Final From Braehead Arena in Glasgow. (S) Followed by **5 News Weekend**
7.00 The 1970s Diet: Could It Work For You? (2/2) Josie Gibson joins a disco-inspired dance class. (R,S)
8.00 Dogs Behaving (Very) Badly (9/16) Graeme Hall travels to Essex to help bring peace to a dog-friendly pub. (R,S)
9.00 Inside The Four Seasons: Park Lane (2/5) Adam juggles two major celebrations at Four Seasons Hampshire. (S)
10.00 When Package Holidays Go Horribly Wrong (2/5) Tales of disasters on vacations. (R,S)
11.35 A Very British Sex Scandal: The Earl & The Escort The murder of Lord Shaftesbury, Anthony Ashley-Cooper. (R,S)
1.00 Cruise TV With LoveitBookit Teleshopping. (R,S)
1.00 Entertainment News on 5
2.15-3am GPs: Behind Closed Doors Medical cases. (R,S)

REGIONAL VARIATIONS

BBC ONE WALES As main BBC ONE except: **4.35pm** Scam Interceptors **5.05-5.35** Our Lives **6.00-7pm** Eisteddfod 2026 With Huw Stephens

S4C 6am Cyw **9.00** Y Cosmos **10.00** Gwesty Aduniad **11.00** Eigra **11.30** Cartrefi Cymru **12noon** Natur Cymru **1pm** Yr Afon **2.00** Iaith Ar Daith **3.00** Priodas Pum Mil **4.05** Arfordir Cymru: Sir Benfro **4.40** Arfordir Cymru: Sir Benfro **5.10** Y Fets **6.10** Ralïo+

6.45 Ras Yr Wyddfa **7.45** Newyddion S4C A'r Tywydd **8.00** Am Dro! **9.00** Cynefin **10.00** Y Babell Lên **10.30** Tabw **11.00-11.35pm** Cymoedd Roy Noble

SUNDAY'S TOP TV

ITV2

11.05am Deal Or No Deal **1.10** Celebrity Catchphrase **2.15 FILM!** Sonic The Hedgehog 2. Adventure comedy sequel, starring James Marsden. (2022) **4.35 FILM!** Johnny English Reborn. Spy comedy sequel, with Rowan Atkinson and Gillian Anderson. (2011) **6.40 FILM!** Miss Congeniality 2: Armed And Fabulous. Comedy sequel, starring Sandra Bullock. (2005) **9.00 NEW EPISODE!** The Only Way Is Essex. Junaid decides it's time to set the wheels in motion with a huge life decision. **10.00** Olivia Attwood: The Price Of Perfection **11.00** Family Guy **12.00** American Dad! **1.05** Plebs **1.30** Changing Ends **2.00** Deal Or No Deal **2.50-3am** Unwind With ITV

ITV3

11.50am Marple **2.00** Midsomer Murders **10.00** Vera **11.50** Wycliffe **12.55** Trigger Point **1.55** George And Mildred **2.20-2.30am** Unwind With ITV

ITV4

10.30am LIVE SPORT! British Touring Car Championship. Coverage from Knockhill. **6.00** Aussie Pickers **7.00** Sharpe **9.15 FILM!** Under Siege. Action adventure, starring Steven Seagal. (1992) **11.20 NEW EPISODE!** The Summit Australia. Sam's betrayal costs the group more than time and money. **12.30** The Professionals **1.30** Two And A Half Men **2.25-3am** Unwind With ITV

BBC THREE

7pm EastEnders **9.00 FILM!** You're Cordially Invited. Two different wedding parties discover they have been accidentally booked on the same day at the same dream venue. Comedy, starring Will Ferrell and Reese Witherspoon. (2025) **10.40** Such Brave Girls. Six episodes. **1.20** Things You Should Have Done **2.50-3.50am** BBC New Comedy Awards 2025

ITV2 2.15pm Sonic the Hedgehog 2

BBC FOUR

7pm NEW! Eisteddfod 2026 With Huw Stephens **8.00 NEW!** NYO At The Proms. The National Youth Orchestra in Berlioz's Symphonie fantastique. **9.40** The Brontës Lived Here: Writers' Houses. Margaret Drabble visits the childhood home of the Brontës. **10.00 NEW!** Lady Antonia Fraser Remembers – The Birthday Party **10.10** The Birthday Party. A 1987 adaptation of Harold Pinter's play. **11.55** Harold Pinter – Part 1: The Room – Arena **12.55** Harold Pinter – Part 2: Celebration – Arena **1.55-3.35am** NYO At The Proms

E4

11.35am Ramsay's Kitchen Nightmares USA **2.35** The Simpsons **6.35** Cruising Paradise: Above And Below Deck **7.40 FILM!** Oblivion. Sci-fi adventure, starring Tom Cruise and Morgan Freeman. (2013) **10.00 FILM!** American Reunion. Comedy sequel, starring Jason Biggs, Chris Klein and Alyson Hannigan. (2012) **12.15** Gogglebox 2022 **2.20** Below Deck: Mediterranean **4.00** Brooklyn Nine-Nine **4.25-6am** Hollyoaks Omnibus

MORE4

12noon A Place In The Sun **3.50** Come Dine With Me **6.25** Four In A Bed **9.00** Surgeons: Life In Their Hands. The lives of patients and staff at Royal Prince Alfred Hospital in Sydney, Australia. **10.00** 24 Hours In A&E. Two episodes. **12.05** Surgeons: Life In Their Hands **1.05** 24 Hours In A&E **3.15-3.45am** A Place In The Sun

SUNDAY 9 AUGUST

FILM4

11am Paw Patrol: The Movie (2021) **12.40** My Spy (2020) **2.35** Mr Hobbs Takes A Vacation (1962) **4.55** 10 Things I Hate About You (1999) **6.50** The League Of Extraordinary Gentlemen (2003) **9.00** Speed. Action thriller, with Keanu Reeves. (1994) **11.15** Kingsman: The Secret Service (2015) **1.50-4am** To Kill A King (2003)

U&DAVE

7.10am Top Gear **8.00** Yukon Gold **10.00** Red Bull Soapbox Race 2017: London **1.00** Mortimer & Whitehouse: Gone Fishing **3.00** The Hairy Bikers' Chicken And Egg **5.00** Would I Lie To You? **5.40** Would I Lie To You? – The Unseen Bits **6.20** Would I Lie To You? **7.00** Guy Martin: Proper Jobs **8.00** Special Ops: Crime Squad UK **9.00** Have I Got A Bit More News For You **10.00** QI **10.40** Mock The Week **12.00** Live At The Apollo **2.00** QI XL **3.05-4am** Parks And Recreation

5USA

9.10am Cops **9.35** Blue Bloods **12.25** Columbo **6.00** Columbo: Swan Song **8.00** Columbo **10.00** Law & Order: Special Victims Unit **1.55** NCIS: Los Angeles **2.50-3.50am** Murder, She Wrote

5STAR

7.30am EFOLDi Mobility Scooters **8.00** Friends **10.00** Nightmare Tenants, Slum Landlords **11.00** Shoplifters: Caught Red Handed **1.00** Traffic Cops **5.00** Police Interceptors **9.00** Trauma Room One **10.00** Surgeons: A Matter Of Life Or Death **11.00** A&E After Dark **12.00** Killer On The Run **1.00** NEW EPISODE! Text Me When You Get Home **1.55** Skin A&E **2.45** GPs: Behind Closed Doors **3.35-4am** Friends

SKY MIX

6am Border Patrol **7.00** Border Security: America's Front Line **9.00** UK Border Force **10.00** Nothing To Declare **12.00** Caught On Dashcam **2.00** Police 24/7 **4.00** NEW EPISODE! Wildlife ER **5.00** NEW SERIES! The Kimberley: Australia's Wild West **6.00** NEW SERIES! Wolves And Lions: Old Enemies **7.00** Caught Red Handed **9.00** Forensics: Catching The Killer **11.00** Caught On Dashcam **1.00** Killer In My Village **2.00** Motorway Patrol **4.00-6am** Border Patrol

REALLY

6am Celebrity Fantasy Homes **8.00** Celebrity Fantasy Homes **10.00** Derelict Rescue **11.00** My Lottery Dream Home **3.00** Escape To The Country **5.00** A Place In The Sun **9.00** Long Lost Family. Reuniting families. **10.00** Who Do You Think You Are? **11.00** Help! My House Is Haunted **4.00-6am** My Lottery Dream Home

U&W

6.10am Neighbours **11.00** My Family **1.00** The Supervet **6.00** Inside The Ambulance **8.00** Inside The Operating Theatre. Two episodes. **10.00** Brit Cops Down Under **12.00** Stacey Dooley Sleeps Over **1.00** Inside The Ambulance **1.35-3am** Sort Your Life Out With Stacey Solomon

Sky Sports Main Event 6.30pm The Hundred

U&VESTERDAY

6.10am Abandoned Engineering **8.00** Great Continental Railway Journeys **10.00** Great Canal Journeys **11.00** Canal Boat Diaries **3.00** Mediterranean With Simon Reeve **5.00** Operation Gold Rush With Dan Snow **8.00** Bangers & Cash **10.00** Canal Boat Diaries **1.00** Flipping Bangers **2.00-3am** Abandoned Engineering

TALKING PICTURES

6am Where Strangers Meet **6.20** FILM! The Magic Sword (1962) **8.00** The Lucy Show **8.35** FILM! Tarzan And The Green Goddess (1938) **9.55** FILM! Vengeance Valley (1951) **11.35** Cycling Proficiency **11.40** Batman **12.15** FILM! The Gentle Trap (1960) **1.25** FILM! The Thirty-Nine Steps (1978) **3.30** For The Love Of Ada **4.00** The Man From UNCLE **5.00** The Footage Detectives **6.00** FILM! This Happy Breed (1944) **8.15** FILM! And Then There Were None. Agatha Christie mystery, starring Oliver Reed. (1974) **10.15** FILM! Rentadick (1972) **12.05** The Heritage Chart Show **1.10** FILM! A Saint, A Woman, A Devil (1977) **3.00** Turn Of Fate **3.30** The Rogues **4.30** The Adventures Of Robin Hood **5.00** The Buccaneers **5.30-6am** Supercar

SKY ATLANTIC

6am Richard E Grant's Hotel Secrets **8.00** House Of The Dragon **10.15** Gomorrah: The Origins **12.15** Homicide: Life On The Street **2.00** NEW EPISODE! House Of The Dragon. Starring Matt Smith. **3.20** Billions **4.20-6am** Urban Secrets

SKY WITNESS

6am Caught Red Handed **8.00** A1: Britain's Longest Road **9.00** Customs UK **10.00** Stop, Search, Seize **11.00** Border Patrol **12.00** Customs UK **1.00** UK Border Force **2.00** Nothing To Declare **8.00** Caught On Dashcam **10.00** Irish Blood **11.00** Law & Order: Criminal Intent **12.00** FBI **2.00** NEW EPISODE! Law & Order: Special Victims Unit **3.00** Brit Cops: Law & Disorder **4.00** FBI: Most Wanted **5.00-6am** Road Wars

U&GOLD

7.20am Only Fools And Horses **7.50** Dad's Army **8.25** Only Fools And Horses **9.35** Gavin & Stacey **10.15** The Royle Family **10.55** The Royle Family **11.30** Only Fools And Horses **1.40** Am I Being Unreasonable? **3.30-4am** The Royle Family

COMEDY CENTRAL

8am Impractical Jokers **10.30** The Comedy Bus **11.00** Friends **6.00** Mr Bean **7.00** The Best Of Mr Bean **8.00** Bradley & Barney Walsh: Breaking Dad **9.00** FILM! The Commitments. Comedy, starring Robert Arkins. (1991) **11.20** Jimmy Carr's Am I The A**hole? **12.20** 8 Out Of 10 Cats **2.00** Gods Of The Game **2.30** The Comedy Bus **3.00** South Park **3.25** Bradley & Barney Walsh: Breaking Dad **4.15-5am** Stupid Central

SKY COMEDY

8am Will & Grace **10.30** Hitmen: Reloaded **1.30** Community **4.00** Will & Grace **6.30** The US Office **9.00** Rob Beckett: Wallop **10.15** Alex Edelman: Just For Us **11.50** Sarah Silverman: Someone You Love **1.05** Ellie Taylor: Palavering! **2.00** NEW SERIES! Warren's Vortex. Comedy, starring Maaka Pohatu. **2.30** NEW EPISODE! Warren's Vortex. Warren, has a hidden vortex in his garden shed that leads to parallel realities. **3.00** The Comeback **3.35-5am** Sort Of

SKY ONE

6am S.W.A.T **8.45** A Cheetah's Pride **9.45** Macaque Island **10.45** LIVE SPORT! The Hundred Live. Sunrisers Leeds Women v Welsh Fire Women. At Headingley Cricket Ground. Start-time at **11.00**. **2.00** The Simpsons **4.00** Best Medicine **5.00** NEW EPISODE! Animal Control **7.00** The Simpsons **8.00** Rob & Romesh Vs Magic In Vegas **9.00** FILM! Lethal Weapon (1987) **11.00** Tom Davis: Underdog **12.15** La Brea **2.15** The Walking Dead: Dead City **3.10** Road Wars **5.00-6am** Highway Patrol

SKY SCI-FI

6am Most Haunted **11.00** Stargate SG-1 **4.00** Stargate Atlantis **9.00** Stargate Universe **11.00** Grimm **2.00** The Walking Dead **4.00-6am** Most Haunted

DISCOVERY

6am Wheeler Dealers **12.00** Building Off The Grid **2.00** Alaska: Homestead Rescue **9.00** NEW! Air Jaws: Red, White, And Breach **10.00** NEW! Biggest Mako On Earth **11.00** Jurassic Sharks **12.00** Kindig Customs **3.00-5am** American Chopper

TLC

7am Young Sheldon **10.00** The Big Bang Theory **8.00** Georgie And Mandy's First Marriage **9.00** NEW EPISODE! Unacceptable **12.00** Young Sheldon **12.30** Dr Pimple Popper **2.30** Say Yes To The Dress: UK **3.00** My 600lb Life **5.00-6am** Say Yes To The Dress

SKY CINEMA PREMIERE

6am Love Me (2024) **7.40** Looney Tunes:

Sky Cinema Premiere 4.50pm Looney Tunes: The Day the Earth Blew Up

The Day The Earth Blew Up (2024) **9.15** Song Sung Blue (2025) **11.35** Normal (2026) **1.10** Seven Snipers (2026) **2.50** Mortal Kombat II (2026) **4.50** Looney Tunes: The Day The Earth Blew Up (2024) **6.25** Normal (2026) **8.00** Song Sung Blue. Drama, starring Hugh Jackman. (2025) **10.20** Seven Snipers (2026) **11.55** Heretic (2024) **1.55** Primate (2025) **3.30** Night Patrol (2025) **5.20-7am** In Cold Light (2025)

SKY CINEMA COMEDY

7.25am Zoolander (2001) **9.00** Zoolander 2 (2016) **10.45** Blades Of Glory (2007) **12.20** Anchorman 2: The Legend Continues (2013) **2.20** Boomerang (1992) **4.20** American Reunion (2012) **6.15** Anaconda (2025) **8.00** Ace Ventura: Pet Detective (1994) **9.40** Bridget Jones: Mad About The Boy. With Renee Zellweger. (2025) **11.50** Robin Hood: Men In Tights (1993) **1.40** Beetlejuice Beetlejuice (2024) **3.35** Bill & Ted's Excellent Adventure (1989) **5.10-7.10am** Robin Hood: Men In Tights (1993)

SKY CINEMA ACTION

7.30am S.W.A.T (2003) **9.35** The Legend Of Tarzan (2016) **11.30** Batman Forever (1995) **1.45** Kraven The Hunter (2024) **3.55** Normal (2026) **5.45** XXx (2002) **8.00** XXx: The Return Of Xander Cage (2017) **10.00** Bad Boys II (2003) **12.30** The Lost City Of Z (2016) **3.00** The Meg (2018) **5.00-6.50am** The Italian Job (1969)

GREAT! MYSTERY

8.10am Diagnosis Murder **9.10** FILM! Murder, She Baked: A Deadly Recipe (2016) **11.00** Murder, She Wrote **9.00** Hailey Dean Mysteries **9.56** Good News On GREAT! **11.46** Good News On GREAT! **12.45** Good News On GREAT! Extra **12.55** FILM! April's Flowers (2019) **2.20** Good News On GREAT! Extra **2.30** FILM! Lost And Found (2019) **4.00** Diagnosis Murder **4.50-5am** Good News On GREAT! Extra

SKY SPORTS MAIN EVENT

12noon Sports Sunday **12.30** LIVE SPORT! SPFL. Kilmarnock v Celtic. Kick-off at **1.30**. **3.45** LIVE SPORT! EFL Cup. Mansfield Town v Sheffield United. Kick-off at **4.00**. **6.30** LIVE SPORT! The Hundred Live. London Spirit Men v Birmingham Phoenix Men. Start-time at **6.00**. **9.00** LIVE SPORT! PGA Tour Golf. The Wyndham Championship. **11.00** LIVE SPORT! Tennis. The Canadian Open. **4.00-6am** Sky Sports Catch Up

SKY SPORTS FOOTBALL

12noon EFL Cup Highlights **12.30** LIVE SPORT! SPFL. Kilmarnock v Celtic. Kick-off at **1.30**. **3.45** LIVE SPORT! EFL Cup. Mansfield Town v Sheffield United. Kick-off at **4.00**. **6.30** EFL Cup Highlights **7.00** Championship Season Review **8.00** EFL Cup Highlights **8.30** EFL Cup **10.30** EFL Greatest Games **10.45** SPFL Highlights **11.00** EFL Cup Highlights **12.30** Championship Season Review **1.30** EFL Cup Highlights **2.00** Best Goals: Efl Cup 25/26 **2.30** EFL Greatest Games **3.00** SPFL Greatest Games **3.30** EFL Greatest Games **4.00-5am** EFL Cup Retro

TNT SPORTS 1

11.30am LIV Golf **1.00** CPL Highlights **1.30** Original Documentary **1.45** Tour De France Women **2.45** LIVE SPORT! Tour De France Women. Coverage from the ninth and final stage of the Grand Tour race. **7.15** TNT Sports Reload **7.30** TNT Sports Cricket Reload **8.00** MotoGP **9.00** LIVE SPORT! MLB. Arizona Diamondbacks v Los Angeles Dodgers. Start-time at **9.10**. Coverage of the National League West match from Chase Field. **12.00** MLB Classic **12.30** Training Day **12.45** MLB Classic **1.15** LIVE SPORT! MLB. San Diego Padres v Houston Astros. Start-time at **1.20**. **4.00** Hard Knocks: Training Camp With The Seattle Seahawks **5.00-6am** WRC Review

TNT SPORTS 2

10am LIVE SPORT! MotoGP. The Grand Prix of Great Britain Moto2 race. Start-time at **11.15**. **12.15** LIVE SPORT! MotoGP. The Grand Prix of Great Britain MotoGP race. Start-time at **1.00**. **2.15** LIVE SPORT! MotoGP. The Grand Prix of Great Britain Moto3 race. Start-time at **2.30**. **3.30** LIVE SPORT! LIV Golf. Coverage of the fourth and final day of the 11th round of the season. **9.30** AFL **11.00** CPL Highlights **11.30** LIVE SPORT! CPL. Antigua & Barbuda Falcons v Saint Lucia Kings. **3.45** TNT Sports Cricket Reload **4.00-6am** Snooker China Open

TNT SPORTS 3

11.30am Men's Cycling World Tour **12.30** LIVE SPORT! Men's Cycling World Tour. Coverage of the seventh and final stage of the 2026 Tour of Poland. **3.45** LIVE SPORT! Longines Global Champions Tour. Coverage from the 11th round of the season. **5.30** MLB Highlights **6.30** LIVE SPORT! MLB. New York Yankees v Atlanta Braves. Start-time at **6.35**. **9.30** UFC **12.30** Tour De France Women **1.30** Men's Cycling World Tour **2.30** Men's Cycling Pro Series **3.30** Ultimate Pool **5.00-6am** FIM Speedway Grand Prix Highlights

DON'T MISS

MORE OF TODAY'S BEST TELLY

ITV2 6.40pm Miss Congeniality 2: Armed And Fabulous

E4 7.40pm Oblivion

U&Gold 8.25pm Only Fools And Horses

BBC Three 9pm You're Cordially Invited

Sky One 9pm Lethal Weapon

Film4 9pm Speed

MONDAY 10 AUGUST

BBC1

HD: Freeview 101 Sky 101 Virgin 101 FreeSat 101

6.00 am Breakfast (S)
9.30 Animal Park Staff hope a cheetah is pregnant. (R,S)
10.00 Trace, Track, Get My Car Back Trackers Neil and Jason snatch back a hire car the customer is refusing to return. (R,S)
10.30 LIVE European Athletics Championships: Birmingham 2026 Coverage of the opening session on day one. (S)

7pm The One Show

1.15 BBC News At One (S)
2.00 Money For Nothing (S)
2.45 Escape To The Country (R,S)
3.30 The Repair Shop (R,S)
4.30 The Answer Run (S)
5.15 Pointless (R,S)
6.00 BBC News At Six (S)
6.30 BBC Regional News (S)
7.00 The One Show Angellica Bell reports live from Birmingham with a look back at the beginning of The One Show 20 years previously. (S)
7.30 SOAP EastEnders Max is surprised when Priya makes a performance at the car lot, and Jean's money woes continue. (S)
8.00 LIVE European Athletics Championships: Birmingham 2026 Gabby Logan presents further coverage of the evening session on day one from Alexander Stadium, including the women's 100m final. (S)
10.00 BBC News At Ten (S)
10.30 BBC Regional News (S)
10.40 FILM Bridget Jones's Baby After a pair of one-night stands, the now single Bridget Jones winds up pregnant. Comedy sequel, starring Renée Zellweger and Colin Firth. (2016) ★★★★ (S)
12.40-6am BBC News (S)

BBC2

HD: Freeview 102 Sky 102 Virgin 102 FreeSat 102

6.30 am Bargain Hunt: 20 Years Of The One Show (R,S)
7.15 Money For Nothing (R,S)
8.00 Sign Zone: The Repair Shop (R,S,SL)
9.00 BBC News (S)
10.30 Antiques Road Trip (R,S)
11.15 Homes Under The Hammer Properties in Eastbourne, Bilston and Croydon. (R,S)
12.15 Bargain Hunt Charlie Ross presents the show from Oswestry in Shropshire. (R,S)

9pm Evolution

1.00 Richard Osman's House Of Games (R,S)
1.30 The Finish Line (R,S)
2.15 Do You Know Your Place? Quiz show. (R,S)
2.45 The Farmers' Country Showdown (R,S)
3.30 Spy In The Ocean (R,S)
4.30 Vintage Antiques Roadshow (R,S)
5.15 Flog It! (R,S)
6.00 Richard Osman's House Of Games (R,S)
6.30 Bear Grylls: Wild Reckoning (R,S)
7.00 LIVE European Athletics Championships: Birmingham 2026 Coverage of the evening session on day one. (S)
8.00 Only Connect (5/34) The Double Features take on the Colonial Geese. (S)
8.30 University Challenge (5/37) Magdalen College, Oxford takes on Warwick. (S)
9.00 Evolution (5/5) Chris Packham reveals why the horse became so fast. (S)
10.00 Mortimer & Whitehouse: Gone Fishing (3/6) (R,S)
10.30 Newsnight (S) Followed by **Weather**
11.05 FILM Shaft Detective thriller, starring Richard Roundtree. (1971) ★★★★ (S)
12.40 Sign Zone: Countryfile Rural reports. (R,S,SL)
1.35-2.25am Bergerac (R,S,SL)

ITV1

HD: Freeview 103 Sky 103 Virgin 103 FreeSat 103

6.00 am Good Morning Britain Morning magazine featuring a lively mix of news and current affairs, plus health, entertainment and lifestyle features. (S)
10.00 This Morning Daily magazine, featuring a mix of chat, showbusiness news, lifestyle features, topical discussion, health and beauty advice and more. Including Weather. (S)

9pm Long Lost Family: Born...

1.30 ITV Lunchtime News (S)
1.55 Regional News (S)
2.00 Dickinson's Real Deal (R,S)
3.00 Deal Or No Deal (R,S)
4.00 Tipping Point (R,S)
5.00 The Chase (R,S)
6.00 Regional News (S)
6.30 ITV Evening News (S)
7.30 Fletchers' Family Farm (9/10) The Fletchers focus on diversification, and Ruby the cow turns a corner. (R,S)
8.00 SOAP Emmerdale A villager's life is turned upside down. (S)
8.30 SOAP Coronation Street Tim urges Richie to make a go of his marriage. (S)
9.00 Long Lost Family: Born Without Trace Davina McCall and Nicky Campbell help foundlings Michael and Christine. (S)
10.00 ITV News Headlines. (S)
10.30 Regional News (S)
10.45 Cold Case Forensics: A Death On The Nile (2/3) Investigating the death of a British solicitor while on holiday in Egypt. (R,S)
11.45 Love & Death (5/7) Candy retains Don Crowder as her attorney. (R,S)
12.35 Shop On TV
3.00 The Staircase (R,S,SL)
4.10 Unwind With ITV (S)
5.10-6am Dickinson's Real Deal (R,S,SL)

CHANNEL 4

HD: Freeview 104 Sky 104 Virgin 104 FreeSat 104
Wales HD: Freeview 110 Sky 108 Virgin 108 FreeSat 106

6.30 am The King Of Queens American comedy (R,S)
7.45 Everybody Loves Raymond Comedy. (R,S)
9.10 Frasier (R,S)
11.10 Ramsay's Kitchen Nightmares USA A cafe owner who wants to attract a younger clientele. (R,S)
12.05 C4 News Headlines. (S)
12.10 Find It, Fix It, Flog It Simon plans to turn some old tanks into a pizza oven. (R,S)

8pm Martin And Roman's Irish...

1.10 The Great House Giveaway (R,S)
2.10 Countdown (S)
3.00 A Place In The Sun (R,S)
4.00 Saving Country Houses With Penelope Keith (R,S)
5.00 Château DIY (R,S)
6.00 American Pickers (R,S)
7.00 C4 News Headlines. (S)
8.00 NEW Martin And Roman's Irish Road Trip (1/3) Martin and Roman Kemp explore Ireland, beginning in County Cork, where they go kayaking, visit the former prison Spike Island and join a community storytelling group. (S)
9.00 Celebrity Hunted A daring escape plot is hatched in Brighton. Two of the celebs tap into a military network for intel and support. But the Hunters have picked up their signal and are closing in. (S)
10.00 Secret Lives Of Gypsy Wives Trewley clashes with her older sisters over a night out. (S)
11.05 Surgery Secrets Of The Super Rich (4/6) A bride-to-be has a liquid nose job. (R,S)
12.05 Secrets Of The Celebrity Sex Tapes (S)
12.55 Ramsay's Hotel Hell (R,S,SL)
1.50-2.40am Murder Case: The Digital Detectives (R,S,SL)

CHANNEL 5

HD: Freeview 104 Sky 105 Virgin 105 FreeSat 105

6.00 am Milkshake!
9.15 Jeremy Vine The broadcaster discusses the issues of the day, with phone-ins and viewers' correspondence. (S)
11.30 Storm & Alexis Discussion and debate, with Storm Huntley and Alexis Conran. (S) Followed by **5 News**
12.50 Matt Allwright Debate on the day's biggest news stories. (S)

8pm Street Cops: Catching The Yobs

2.20 FILM My Fatal Memory Thriller, starring Kate Watson. (2022) ★★ (S)
4.00 Castle (R,S)
4.55 Love Nature (R,S)
5.00 5 News At 5 (S)
6.00 Sardinia: Jewel Of The Med (R,S) Followed by **5 News With Dan Walker**
7.00 Motorway Cops: Catching Britain's Speeders (5/10) PC Joe Gorman races to try to catch a reported drink driver. (R,S) Followed by **5 News Update**
8.00 Street Cops: Catching The Yobs A driver pulled over for speeding gets more than he bargained for. (S)
9.00 Fare Dodgers: At War With The Law Transport for London investigators hunt for a suspected prolific fare evader. (S)
10.00 Police Interceptors: Taking Down The Shoplifting Gangs Detectives in Cheshire investigate a prolific international criminal gang. (R,S)
11.05 Traffic Cops (7/20) A young man who has stolen a car leads the police on a dangerous pursuit. (R,S)
12.05 Car Pound Cops (R,S)
1.00 Cruise TV With LoveitBookit (R,S)
2.00-2.10am Entertainment News on 5 (S)

REGIONAL VARIATIONS

ITV WALES 10.45-11.45pm
Deal Or No Deal: Celebrity Special
S4C 6am Cyw **12noon** Newyddion S4C A'r Tywydd **12.05pm** Ffasiwn Drefn **12.30** Heno **1.00** Straeon Harri Parri **2.00** Newyddion S4C **2.05** Prynhawn Da **3.00** Newyddion S4C **3.05** Y Sioe 2026 **4.00** Awr Fawr: Blwi **4.10** Awr Fawr: Sam Tan **4.20** Awr Fawr: Anifeiliaid Bach Y Byd **4.30** Awr Fawr: Crawc A'i Ffrindiau **4.40** Awr Fawr: Dal Dy Ddannedd **5.00** Stwnsh: Prys A'r Pryfed **5.10** Stwnsh: Seligo **5.15** Stwnsh: He-Man A Meistri'r Bydysawd **5.40** Stwnsh: Parti **6.00** Arfordir Cymru: Sir Benfro **6.30-6.59** Ralio+ **7.00** Heno **7.30** Newyddion S4C A'r Tywydd **8.00** Sgwrs Dan Y Lloer **8.25** Garddio A Mwy **8.55** Newyddion S4C A'r Tywydd **9.00** Cefn Gwlad **10.00** Y Deis **10.30-11.35pm** Y Fets

FREEVIEW AND SATELLITE CHANNELS

ITV2

11.10am Charmed **12.10** Deal Or No Deal **1.10** Supermarket Sweep **2.10** The Floor USA **3.10** The Only Way Is Essex **4.10 NEW EPISODE!** The Real Housewives Of Salt Lake City **5.00** The Real Housewives Of Orange County **5.55** Celebrity Catchphrase **7.00 NEW EPISODE!** The Floor USA **8.00** The 1% Club **9.00 NEW EPISODE!** The Only Way Is Essex **10.00** Family Guy **11.35** American Dad! **12.35** Bob's Burgers **1.30** Plebs **1.55** Deep Fake Neighbour Wars **2.20-3am** Unwind

ITV3

11.35am Heartbeat **1.35** Midsomer Murders **3.35** Classic Emmerdale **4.40** Classic Coronation Street **5.50** Heartbeat **8.00** Midsomer Murders. Drama. **10.00** Grantchester **11.50** Trial & Retribution **1.25** Poirot **2.20-2.30am** Unwind With ITV

ITV4

11.25am Robin Of Sherwood **12.35** Magnum, PI **2.40** Dempsey And Makepeace **3.45** Boon **4.50** The Professionals **5.55** Minder **7.00** River Monsters **8.00** The Motorbike Show **9.00 FILM** Under Siege 2: Dark Territory (1995) **11.10 NEW EPISODE!** Star Trek: Strange New Worlds **12.10** Lost **1.05** Motorsport UK **2.00** BattleBots **2.50-3am** Unwind With ITV

BBC THREE

7pm NEW EPISODE! The Catch Up. The day's news **7.05** Deadly 60 **8.00** The Great British Sewing Bee **9.00** Top Gear: Burma Special **11.05** Tommy: The Good. The Bad. The Fury **1.35** Drugs Map Of Britain **3.35-3.55am** Disclosure

BBC FOUR

7pm The Architecture The Railways Built **7.40** The Flying Gardener **8.00** The Art Of Spain **9.00** Mastermind **9.30** Call My Bluff **10.00 NEW EPISODE!** The Sky At Night **10.30** The Golden Age Of Spanish Painting: Omnibus **11.20** One Hundred Great Paintings **11.35** Britain's Lost Waterlands: Escape To Swallows And Amazons Country. The landscapes that inspired Arthur Ransome's children's classic. **12.35** The Flying Gardener **12.50** The Art Of Spain **1.50** The Golden Age Of Spanish Painting: Omnibus **2.40-3.40am** Britain's Lost Waterlands: Escape To Swallows And Amazons Country

E4

12noon The Simpsons **2.00** Brooklyn Nine-Nine **3.00** Modern Family **5.00** The Simpsons **6.30** Hollyoaks **7.30** The Simpsons. Animation. **8.00 NEW EPISODE!** Vanderpump Rules **9.00 NEW EPISODE!** Below Deck Down Under **10.00** Gogglebox **11.00** Naked Attraction **12.05** First Dates **1.10** Vanderpump Rules **2.10** Below Deck Down Under **3.00** Ramsay's Kitchen Nightmares USA **3.55** The Simpsons **4.45** The Goldbergs **5.35-6am** Brooklyn Nine-Nine

MORE4

11.35am Four In A Bed **12.40** Come Dine With Me **3.20** Four In A Bed **5.50** Car S.O.S **7.55** Grand Designs **9.00** 24 Hours In A&E **11.05** 999: On The Front Line **12.05** Emergency Helicopter Medics **1.10** 24 Hours In A&E **3.20-3.50am** A Place In The Sun

FILM4

11am Playing With Fire (2019) **12.55** Steel Magnolias (1989) **3.15** All That Heaven Allows (1955) **5.00** The Enemy Below (1957) **7.05** Dog. Comedy, starring Channing Tatum. (2022) **9.00** Angel Has Fallen. Action thriller sequel, starring Gerard Butler. (2019) **11.20** Peppermint (2018) **1.20-3.50am** Lucy In The Sky (2019)

TALKING PICTURES

11.30am FILM Inspector Hornleigh (1939) **1.00** Richard The Lionheart **1.30 FILM** Night Train To Paris (1964) **2.45 FILM** The Men Of Sherwood Forest (1954) **4.20 FILM** I'm All Right Jack (1959) **6.25** Scotland Yard **7.00** The Footage Detectives **8.00** Maigret **9.50 FILM** The Weak And The Wicked (1954) **11.35 FILM** Murders In Cornouaille (2018) **1.40 FILM** California Suite (1978) **3.45 FILM** A Hole Lot Of Trouble (1971) **4.20** Cinebox Memories **4.25** The Veil **5.00-6am** Railway Murders

GREAT! ACTION

11am FILM We Dive At Dawn (1943) **1.00** The Unit **2.00** Burn Notice **4.00 FILM** Mercenary For Justice (2006) **6.00** The Unit **7.00** Burn Notice **9.00 FILM** Kingdom Of Heaven. Historical epic. (2005) **12.00** The Avengers **1.00** The New Avengers **2.00** The Persuaders! **3.00 FILM** Super Collider (2013) **4.25** Coast Guard Alaska **5.10-6am** Air Rescue

TUESDAY 11 AUGUST

BBC1

HD: Freeview 101 Sky 101 Virgin 101 FreeSat 101

6.00 am Breakfast (S)
9.30 Animal Park Klaus the lion's dominance is in question after an injury. (R,S)
10.00 Trace, Track, Get My Car Back Efforts are made to recover a family car stolen by thieves. (R,S)
10.30 LIVE European Athletics Championships: Birmingham 2026 Coverage of the opening session on day two. (S)

7.30pm EastEnders

1.15 BBC News At One (S)
2.00 Money For Nothing (S)
2.45 Escape To The Country Rural retreats. (R,S)
3.30 The Repair Shop (R,S)
4.30 The Answer Run (S)
5.15 Pointless (R,S)
6.00 BBC News At Six (S)
6.30 BBC Regional News (S)
7.00 The One Show Alex Jones and Roman Kemp continue the week-long celebration of the show's 20th birthday, with Hannah Stitfall reporting on wildlife stories from the Farne Islands. (S)
7.30 SOAP EastEnders Jean's concerns grow about Lily, a worrying situation escalates for Chelsea, and Max finds himself on the receiving end of Cindy's wrath. (S)
8.00 LIVE European Athletics Championships: Birmingham 2026 Gabby Logan presents further coverage of the evening session on day two from Alexander Stadium, including the men's 100m final. (S)
10.00 BBC News At Ten (S)
10.30 BBC Regional News (S)
10.40 FILM The Boys In The Boat Drama, with Joel Edgerton. (2023) ★★★★ (S)
12.40-6am BBC News (S)

BBC2

HD: Freeview 102 Sky 102 Virgin 102 FreeSat 102

6.15 am Homes Under The Hammer (R,S)
7.15 Money For Nothing (R,S)
8.00 Sign Zone: The Great British Sewing Bee (R,S,SL)
9.00 BBC News (S)
10.30 Antiques Road Trip (R,S)
11.15 Homes Under The Hammer Properties being sold at auction in Paisley and Staffordshire. (R,S)
12.15 Bargain Hunt Christina Trevanion hosts. (R,S)

8pm The Great British Sewing Bee

1.00 Richard Osman's House Of Games (R,S)
1.30 The Finish Line (R,S)
2.15 Do You Know Your Place? Quiz show. (R,S)
2.45 The Farmers' Country Showdown (R,S)
3.30 Spy In The Ocean (R,S)
4.30 Vintage Antiques Roadshow (R,S)
5.15 Flog It! (R,S)
6.00 Richard Osman's House Of Games (R,S)
6.30 Bear Grylls: Wild Reckoning (R,S)
7.00 LIVE European Athletics Championships: Birmingham 2026 Coverage of the evening session on day two. (S)
8.00 The Great British Sewing Bee (5/10) The sewers tackle the world of sport. (S)
9.00 Bloody Mary: Lucy Worsley Investigates (4/4) (R,S)
10.00 Live At The Apollo (5/7) Stand-up by Emmanuel Sonubi, Troy Hawke and Olga Koch. (R,S)
10.30 Newsnight (S) Followed by **Weather**
11.05 The Vampire Lestat: Interview With The Vampire (3/7) (S)
11.55 The Vampire Lestat: Interview With The Vampire (4/7) (S)
12.45-1.45am Sign Zone: Uncanny (R,S,SL)

ITV1

HD: Freeview 103 Sky 103 Virgin 103 FreeSat 103

6.00 am Good Morning Britain Morning magazine featuring a lively mix of news and current affairs, plus health, entertainment and lifestyle features. (S)
10.00 This Morning Daily magazine, featuring celebrity chat, showbusiness news, lifestyle features, topical discussion, health advice and more. Including Local Weather. (S)

9pm Cold Case Forensics: In The...

1.30 ITV Lunchtime News (S)
1.55 Regional News (S)
2.00 Dickinson's Real Deal (R,S)
3.00 Deal Or No Deal (R,S)
4.00 Tipping Point (R,S)
5.00 The Chase (R,S)
6.00 Regional News (S)
6.30 ITV Evening News (S)
7.30 Inside The Langham: Britain's First Grand Hotel (4/6) The managing director oversees progress on the Langham Venice. (S)
8.00 SOAP Emmerdale Billy and Dawn plan their escape. (S)
8.30 SOAP Coronation Street Tim and Sally reel from the news of Richie's murder charge. (S)
9.00 Cold Case Forensics: In The Blood (3/3) Angela Gallop reveals how clues in blood helped solve two crimes. (S)
10.00 ITV News (S)
10.30 Regional News (S)
10.45 FILM The Spy Who Loved Me James Bond joins forces with a vengeful KGB agent to retrieve missing nuclear submarines. Adventure, with Roger Moore. (1977) ★★★★ (S)
12.55 Shop On TV
3.00 The Summit (R,S,SL)
3.50 Unwind With ITV (S)
5.05-6am Long Lost Family: Born Without Trace (R,S,SL)

CHANNEL 4

HD: Freeview 104 Sky 104 Virgin 104 FreeSat 126
Wales: Freeview 110 Sky 108 Virgin 108 FreeSat 106

6.30 am The King Of Queens American comedy starring Kevin James (R,S)
7.45 Everybody Loves Raymond Ray Romano stars. (R,S)
9.10 Frasier (R,S)
11.10 Ramsay's Kitchen Nightmares USA (R,S)
12.05 C4 News (S)
12.10 Find It, Fix It, Flog It Simon O'Brien and Henry Cole meet an avid collector and former mayor. (R,S)

8pm Dover 24/7: Britain's Busiest...

1.10 The Great House Giveaway A pair of strangers in Leicester are given the opportunity to buy a property. (R,S)
2.10 Countdown (S)
3.00 A Place In The Sun (R,S)
4.00 Saving Country Houses With Penelope Keith (R,S)
5.00 Château DIY (R,S)
6.00 American Pickers (R,S)
7.00 C4 News (S)
8.00 Dover 24/7: Britain's Busiest Port The cargo team race to unload 3,000 tons of steel, Border Force agents uncover suspicious packages and staff hold a remembrance service. (S)
9.00 Celebrity Hunted Two of the celebrities find themselves surrounded at a country hotel, while another pair brave exposure at a hospital appointment for preventative cancer treatment. (S)
10.00 Gogglebox The households' opinions on Celebrity Race Across the World and The 1% Club. (R,S)
11.05 Secret Lives Of Gypsy Wives (R,S)
12.05 Naked Attraction (R,S)
1.00 Ramsay's Hotel Hell (R,S,SL)
1.50-2.45am Levison Wood: Walking With Orangutans (R,S,SL)

CHANNEL 5

HD: Freeview 104 Sky 105 Virgin 105 FreeSat 105

6.00 am Milkshake!
9.15 Jeremy Vine The broadcaster and guests discuss the issues of the day, with phone-ins and viewers' correspondence. (S)
11.30 Storm & Alexis Discussion and debate. (S) Followed by **5 News**
12.50 Matt Allwright Debate on the day's biggest stories and consumer advice. (S)

9pm The Romans With Rob Rinder...

2.20 FILM Danger Rocks The Cradle Thriller, starring Devin Cecchetto. (2022) ★★★ (S)
4.00 Castle (R,S)
4.55 Love Nature (R,S)
5.00 5 News With Dan Walker The day's headlines. (S)
6.00 Corfu: Jewel Of The Med Documentary. (R,S) Followed by **5 News**
7.00 The Yorkshire Vet: At Home With The Greens (3/4) Jean takes the oldest of her 13 cats to Peter's surgery for a check-up. (R,S) Followed by **5 News Update**
8.00 Inside Longleat Cameras follow a bat conservation team and a group of moth enthusiasts. (S)
9.00 NEW The Romans With Rob Rinder And Ruth Goodman Documentary looking at Emperor Hadrian's visit to Roman Britain in 122 AD. (S)
10.30 The Bomb On The Boat: The Murder Of Lord Mountbatten The events surrounding the killing of Louis Mountbatten. (R,S)
12.05 Serial Killer Wives (R,S)
1.00 Cruise TV With LoveitBookit Teleshopping. (R,S)
2.00 Entertainment News on 5
2.10-3am GPs: Behind Closed Doors Documentary. (R,S)

REGIONAL VARIATIONS

BBC ONE NORTH WEST As main BBC ONE except: 1.40-1.50pm North West Today; Weather **S4C 6am** Cyw **12noon** Newyddion S4C A'r Tywydd **12.05pm** Codi Pac **12.30** Heno **1.00** Ralio+ **1.30** Arfordir Cymru: Sir Benfro **2.00** Newyddion S4C A'r Tywydd **2.05** Prynhawn Da **3.00** Newyddion S4C A'r Tywydd **3.05** Cefn Gwlad **4.00** Awr Fawr: Blociau Lliw **4.05** Awr Fawr: Twm Twrch **4.15** Awr Fawr: Fferm Fach **4.30** Awr Fawr: Blero Yn Mynd I Ocido **4.45** Awr Fawr: Byd Tad-Cu **5.00** Stwnsh: Dreigiau – Marchogion Berc **5.25** Stwnsh: Y Smyrffs **5.40** Stwnsh: Un Cwestiwn **6.00** Y Ci Perffaith **6.30-6.59** Codi Hwyl **7.00** Heno **7.30** Newyddion S4C A'r Tywydd **8.00** Pobol Y Cwm **8.25** Nol O'r Dibyn Gyda Iolo Williams **8.55** Newyddion S4C A'r Tywydd **9.00** Sioe Môn 2026 **10.00** Iaith Ar Daith **11pm-12.05am** Y Cosmos

FREEVIEW AND SATELLITE CHANNELS

ITV2

11.10am Charmed **12.10** Deal Or No Deal **1.10** Supermarket Sweep **2.10** The Floor USA **3.10** The Only Way Is Essex **4.10** The Real Housewives Of Potomac **5.00** The Real Housewives Of Orange County **5.55** Celebrity Catchphrase **7.00** The Floor **8.00** The 1% Club **9.00 NEW EPISODE!** Olivia Attwood: The Price Of Perfection **10.00** Family Guy **11.35** American Dad! **12.35** Bob's Burgers **1.30** Plebs **1.55** Deep Fake Neighbour Wars **2.20-3am** Unwind With ITV

ITV3

11.30am Heartbeat **1.35** Midsomer Murders **3.35** Classic Emmerdale **4.40** Classic Coronation Street **5.50** Heartbeat **8.00** Vera **10.00** Grantchester **11.50** Trial & Retribution **1.20** Poirot **2.20-2.30am** Unwind With ITV

ITV4

11.25am Robin Of Sherwood **12.30** Magnum, PI **2.35** Dempsey And Makepeace **3.45** Boon **4.50** The Professionals **5.50** Minder **7.00** The Motorbike Show **8.00** King Of The Roads **9.00** Ice Road Truckers **10.00** All Elite Wrestling: Collision **12.00** Dark Side Of The Ring **12.55** The Professionals **1.55** BattleBots **2.50-3am** Unwind With ITV

BBC THREE

7pm NEW EPISODE! The Catch Up **7.05** Spud **7.25 FILM** Lara Croft: Tomb Raider (2001) **9.00 NEW!** RuPaul's Drag Race UK: Meet The Queens **9.20 FILM** Bridget Jones's Diary (2001) **10.55 FILM** Bridget Jones: The Edge Of Reason (2004) Romantic comedy sequel, with Renee Zellweger and Colin Firth. **12.35** Matthew Perry And The Ketamine Queen **1.35** Stacey Dooley: Ready For War? **2.35** My Mate's A Bad Date **2.55-3.55am** Stacey Dooley: Blood, Sweat And T-Shirts

BBC FOUR

7pm The Architecture The Railways Built **7.40** The Flying Gardener **7.55** To The Manor Born **8.30** Keeping Up Appearances **9.00** Ardal O'Hanlon: Tomb Raider **10.00** Kamikaze: An Untold History **11.30** The Sky At Night **12.00** The Wildest Weather In The Universe: Horizon **1.00** Beautiful Equations **2.00** The Flying Gardener **2.15-3.15am** Ardal O'Hanlon: Tomb Raider

E4

12noon The Simpsons **2.00** Brooklyn Nine-Nine **3.00** Modern Family **5.00** The Simpsons **6.30** Hollyoaks **7.30** The Simpsons **8.00 NEW EPISODE!** Vanderpump Rules **9.00 NEW EPISODE!** Below Deck Down Under **10.00** First Dates: Valentine's **11.05** Gogglebox **1.10** Vanderpump Rules **2.10** Below Deck Down Under **3.00** Ramsay's Kitchen Nightmares USA **3.50** The Simpsons **4.15** The Goldbergs **5.05-6am** Brooklyn Nine-Nine

MORE4

11.35am Four In A Bed **12.40** Come Dine With Me **3.20** Four In A Bed **5.50** Car S.O.S **7.55** Grand Designs **9.00 NEW EPISODE!** Oti And Richard's South African Odyssey **10.00** 24 Hours In A&E **12.05** 999: On The Front Line **1.10** 24 Hours In A&E **3.20-3.45am** A Place In The Sun

FILM4

11am Man In The Saddle (1951) **12.45** The Black Swan (1942) **2.30** Fantastic Voyage (1966) **4.35** The Kid Who Would Be King (2019) **7.05** See How They Run (2022) **9.00 PREMIERE** Missing (2023) Thriller starring Storm Reid. **11.15** Jennifer's Body (2009) **1.20-3.35am** Plan B (2021)

TALKING PICTURES

11.25am FILM Orders Are Orders (1955) **1.00** The Adventures Of William Tell **1.30 FILM** Doctor In Distress (1963) **3.35** Kim Novak: The Golden Age Rebel **4.40 FILM** Whispering Smith Hits London (1952) **6.20** Litter Defence Volunteers **6.25** Whiplash **6.55** The Man From UNCLE **7.55** Buccaneer **9.00 FILM** Murder By Decree. Sherlock Holmes mystery, starring Christopher Plummer. (1978) **11.35** Fortean TV **12.10 FILM** The Nudist Story (1960) **2.00 FILM** The Stranger (1946) **3.55** New Seekers: Keep Britain Tidy **4.00** Target: The Corruptors **5.00-6am** Film Noir

GREAT! ACTION

12.35pm Good News On GREAT! Extra **12.45** The Unit **1.45** Burn Notice **3.45 FILM** The Ice Road (2021) **6.00** The Unit **7.00** Burn Notice **9.00 FILM** The Expatriate (2012) **11.15** The Avengers **12.15** The New Avengers **1.15** The Persuaders! **2.15 FILM** Jet Stream (2012) **4.00** Coast Guard Alaska **4.45-6am** Air Rescue

WEDNESDAY 12 AUGUST

BBC1

HD: Freeview 101 Sky 101 Virgin 101 FreeSat 101

6.00 am Breakfast (S)
9.30 Animal Park A new species of predator is introduced to Longleat safari park. (R,S)
10.00 Trace, Track, Get My Car Back (R,S)
10.30 LIVE European Athletics Championships: Birmingham 2026 Coverage of the opening session on day three, from Alexander Stadium. (S)

8pm European Athletics...

1.15 BBC News At One (S)
2.00 Money For Nothing (S)
2.45 Escape To The Country In Norfolk. (R,S)
3.30 The Repair Shop (R,S)
4.30 The Answer Run (S)
5.15 Pointless (R,S)
6.00 BBC News At Six (S)
6.30 BBC Regional News (S)
7.00 The One Show Alex Jones and Roman Kemp continue the 20th birthday celebrations. (S)
7.30 SOAP EastEnders Chelsea's family rally together in her time of need and Eve faces a new challenge as a parent. (S)
8.00 LIVE European Athletics Championships: Birmingham 2026 Gabby Logan presents further coverage of the evening session on day three from Alexander Stadium, including the finals of the men's 400m and women's 400m hurdles. (S)
10.00 BBC News At Ten (S)
10.30 BBC Regional News (S)
10.40 MOTD: UEFA Super Cup Highlights Paris Saint-Germain v Aston Villa. (S)
11.10 FILM Red Eye Suspense thriller, starring Cillian Murphy. (2005) ★★★ (S)
12.25 The Hit List Celebrity Special (R,S)
1.15-6am BBC News (S)

BBC2

HD: Freeview 102 Sky 102 Virgin 102 FreeSat 102

6.15 am Homes Under The Hammer (R,S)
7.15 Money For Nothing (R,S)
8.00 Sign Zone: Great Japanese Railway Journeys (R,S,SL)
8.30 Great Continental Railway Journeys (R,S,SL)
9.00 BBC News (S)
10.30 Antiques Road Trip (R,S)
11.15 Homes Under The Hammer In Cambridgeshire, Hylton Castle and Kent. (R,S)
12.15 Bargain Hunt (R,S)

9pm Murder Trial

1.00 Richard Osman's House Of Games (R,S)
1.30 The Finish Line (R,S)
2.15 Do You Know Your Place? Vernon Kay hosts. (R,S)
2.45 The Farmers' Country Showdown (R,S)
3.30 Spy In The Ocean (R,S)
4.30 Vintage Antiques Roadshow (R,S)
5.15 Flog It! (R,S)
6.00 Richard Osman's House Of Games (R,S)
6.30 Bear Grylls: Wild Reckoning (R,S)
7.00 LIVE European Athletics Championships: Birmingham 2026 Coverage of the evening session on day three. (S)
8.00 The Repair Shop (24/25) Experts restore a tiny drum kit clock and a melted wax statuette. (R,S)
9.00 Murder Trial Part one of two. The case of a man found dead in rural Scotland. (S)
10.00 Inside No 9 (4/6) (R,S)
10.30 Newsnight (S) Followed by **Weather**
11.05 Evolution (5/5) (R,S)
12.05 FILM Kindling Coming-of-age drama, with George Somner and Conrad Khan. (2023) ★★★★★ (S)
1.35-2.25am Sign Zone: Amityville – An Origin Story (R,S,SL)

ITV1

HD: Freeview 103 Sky 103 Virgin 103 FreeSat 103

6.00 am Good Morning Britain Morning magazine featuring a lively mix of news and current affairs, plus health, entertainment and lifestyle features. (S)
10.00 This Morning Featuring a generous morning dose of celebrity interviews, showbiz updates, lifestyle tips and everything else relevant to start the day. (S)

9.50pm It'll Be Alright On The Night

1.30 ITV Lunchtime News (S)
1.55 Regional News (S)
2.00 Dickinson's Real Deal (R,S)
3.00 Deal Or No Deal (R,S)
4.00 Tipping Point (R,S)
5.00 The Chase (R,S)
6.00 Regional News (S)
6.30 ITV Evening News (S)
7.00 LIVE Pre-Season Football Manchester United v Leeds United. Hugh Woozencroft presents coverage of the friendly at Croke Park in Dublin. Kick-off at **7.30.** (S)
9.50 It'll Be Alright On The Night TV clangers featuring Joel Dommett, Romesh Ranganathan, Ant & Dec, Colin Murray, Amol Rajan, Susanna Reid, Joe Pasquale, Prue Leith and more. Tom Allen hosts. (S)
10.20 ITV News (S)
10.50 Regional News (S)
11.05 Long Lost Family: Born Without Trace Davina McCall and Nicky Campbell help foundlings Michael and Christine uncover why their mothers abandoned them. (R,S)
12.05 Shop On TV
3.00 Love & Death (R,S,SL)
3.55 Inside The Langham: Britain's First Grand Hotel Documentary. (R,S,SL)
4.20 Unwind With ITV (S)
5.35-6am Tom Kerridge Cooks Italy (R,S,SL)

CHANNEL 4

HD: Freeview 104 Sky 104 Virgin 104 FreeSat 126
Wales: Freeview 110 Sky 108 Virgin 108 FreeSat 106

6.30 am The King Of Queens Three episodes. (R,S)
7.45 Everybody Loves Raymond Triple bill. (R,S)
9.10 Frasier Four episodes, with Kelsey Grammer. (R,S)
11.10 Ramsay's Kitchen Nightmares USA (R,S)
12.05 C4 News (S)
12.10 Find It, Fix It, Flog It Henry Cole and Simon O'Brien find unique items in Gloucestershire. (R,S)

9pm Spy Next Door: The Anna...

1.10 The Great House Giveaway In Wakefield. (R,S)
2.10 Countdown Colin Murray, Rachel Riley and Susie Dent host, with guest Pauline McLynn in Dictionary Corner. (S)
3.00 A Place In The Sun (R,S)
4.00 Saving Country Houses With Penelope Keith (R,S)
5.00 Château DIY (R,S)
6.00 American Pickers (R,S)
7.00 C4 News (S)
8.00 Extraordinary Extensions A couple start to renovate a Canterbury B&B by adding an extension – only to find a wartime bomb shelter in the garden. Plus, a bungalow transformed into a 1960s time capsule. (S)
9.00 NEW Spy Next Door: The Anna Chapman Story (1/2) The extraordinary story of Anna Chapman, the British businesswoman and model unmasked by the FBI in 2010 as part of a Russian spy ring. (S)
10.00 24 Hours In A&E (3/10) Patients' relatives explain how they have faced challenges together. (R,S)
11.05 999: On The Front Line Paramedics treat a woman in labour. (R,S)
12.10 Celebrity Hunted (R,S,SL)
2.00-2.50am Ramsay's Hotel Hell In Florida. (R,S,SL)

CHANNEL 5

HD: Freeview 104 Sky 105 Virgin 105 FreeSat 105

6.00 am Milkshake!
9.15 Jeremy Vine The broadcaster discusses the issues of the day, with phone-ins and viewers' correspondence. (S)
11.30 Storm & Alexis More discussion and debate. (S) Followed by **5 News**
12.50 Matt Allwright Debate on the day's biggest stories and consumer advice to help viewers. (S)

8pm Casualty 24/7: Every...

2.20 FILM Deadly Secrets Thriller, starring Lizzie Boys and Tyson Arner. (2023) ★★ (S)
4.00 Castle (R,S)
4.55 Love Nature (R,S)
5.00 5 News With Dan Walker Latest headlines. (S)
6.00 Sicily: Jewel Of The Med Documentary. (R,S) Then **5 News Update**
7.00 Car Pound Cops (7/8) Tracking cars as they are seized for a variety of offences. (R,S) Followed by **5 News Update**
8.00 NEW Casualty 24/7: Every Second Counts A 78-year-old caretaker has chest pains and dangerously low oxygen levels. (S)
9.00 999: Critical Condition A woman fights for her life after an unexplained collapse. (S)
10.00 Ambulance: Code Red A man collapses at the wheel and crashes his car in the street. (R,S)
11.05 Cause Of Death (9/10) A homeless man is found dead in his temporary accommodation in Blackburn. (R,S)
12.05 A&E After Dark (R,S)
1.00 Cruise TV With LoveitBookit Latest deals. (R,S)
2.00-2.50am GPs: Behind Closed Doors Medical cases. (R,S)

REGIONAL VARIATIONS

BBC ONE WALES As main BBC ONE except: 11.10pm Undercover: Cancer Cure Or Con? **11.30 FILM** Red Eye (2005) **12.45-6am** BBC News

S4C 6am Cyw **11.00-12noon** Camau Bach **11.00** Abadas **11.15** Cywion Bach **11.20** Caru Canu A Stori **11.30** Octonots **11.45** Jen A Jim A'r Cywiadur **12noon** Newyddion S4C A'r Tywydd **12.05pm** Cartrefi Cymru **12.30** Heno **1.00** Gwlad Y Basg: Gwilym Bowen Rhys **1.30** Garddio A Mwy **2.00** Newyddion S4C A'r Tywydd **2.05** Prynhawn Da **3.00** Newyddion S4C A'r Tywydd **3.05** Sioe Môn 2026 **4.00** Awr Fawr: Howie **4.05** Awr Fawr: Dreigiau Cadi **4.20** Awr Fawr: Pentre Papur Pop **4.30** Awr Fawr: Ein Byd Bach Ni **4.40** Awr Fawr: Waw! **5.00** Stwnsh: Li Ban **5.15** Stwnsh: Gwrach Y Rhibyn **5.35** Stwnsh: Mabinogi-ogi **6.00** Dan Do **6.30-6.59** Adeiladu'r Freuddwyd: Camp Out West **7.00** Heno **7.30** Newyddion S4C A'r Tywydd **8.00** Pobol Y Cwm **8.25** Cartrefi Cymru **8.55** Newyddion S4C A'r Tywydd **9.00** Sioe Môn 2026 **10.00** Y Deis **10.30-11.35pm** Ty Ffit

FREEVIEW AND SATELLITE CHANNELS

ITV2

11.10am Charmed **12.10** Deal Or No Deal **1.10** Supermarket Sweep **2.10** The Floor **3.10** The Only Way Is Essex **4.10** The Real Housewives Of Potomac **5.00** The Real Housewives Of Beverly Hills **6.00** Celebrity Catchphrase **7.00** The Floor **8.00** The 1% Club **9.00** Family Guy **11.35** American Dad! **12.35** Bob's Burgers **1.30** G'wed **2.00** Transaction **2.25-3am** Unwind With ITV

ITV3

11.30am Heartbeat **1.35** Midsomer Murders **3.35** Classic Emmerdale **4.40** Classic Coronation Street **5.50** Heartbeat **8.00** Midsomer Murders **10.00** Grantchester **11.50** Trial & Retribution **1.25-2.20am** Poirot

ITV4

11.20am Robin Of Sherwood **12.30** Magnum, PI **2.35** The Casebook Of Sherlock Holmes **3.45** Boon **4.50** The Professionals **5.50** Minder **6.55** Aussie Pickers **8.00** King Of The Roads **9.00 FILM** RoboCop 2. Sci-fi thriller sequel, starring Peter Weller. (1990) **11.15** All Elite Wrestling: Collision **1.15** The Professionals **2.15** Two And A Half Men **2.40-3am** Unwind With ITV

BBC THREE

7pm NEW EPISODE! The Catch Up. A round-up of the day's news. **7.05** Deadly 60 **8.00** Top Gear **10.00 NEW EPISODE!** Guy Montgomery's Guy Mont-Spelling Bee **11.35** This Country **2.00** Dinosaur **3.25-3.45am** My Mate's A Bad Date

BBC FOUR

7pm Villages By The Sea **7.30** Wainwright Walks **8.00** The Treasures Of Ancient Rome **9.00** Mary Beard's Ultimate Rome: Empire Without Limit **10.00** I, Claudius **11.45** The Treasures Of Ancient Rome **12.45** Inside The Bat Cave **1.45** Wainwright Walks **2.15** Villages By The Sea **2.45-3.45am** Mary Beard's Ultimate Rome: Empire Without Limit

E4

12noon The Simpsons **2.00** Brooklyn Nine-Nine **3.00** Modern Family **5.00** The Simpsons **6.30** Hollyoaks **7.30** The Simpsons **8.00 NEW EPISODE!** Vanderpump Rules. Audrey rethinks her relationship with Chris. **9.00** Gogglebox **11.00** Naked Attraction **12.00** First Dates **1.05** Gogglebox **2.10** Vanderpump Rules **3.00** Ramsay's Kitchen Nightmares USA **3.50** The Simpsons **4.15** The Goldbergs **5.05-6am** Brooklyn Nine-Nine

MORE4

11.35am Four In A Bed **12.40** Come Dine With Me **3.20** Four In A Bed **5.50** Car S.O.S **7.55** Grand Designs **9.00** The Roman Empire By Train With Alice Roberts. Alice heads seven miles south of Naples to Herculaneum. **10.00** 24 Hours In Police Custody **11.05** 24 Hours In A&E **12.10** Emergency Helicopter Medics **1.15** 24 Hours In Police Custody **2.15** 24 Hours In A&E **3.20-3.50am** A Place In The Sun

FILM4

11am Secret Headquarters (2022) **1.05** Sign Of The Pagan (1954) **2.55** The Comancheros (1961) **5.05** They Rode West (1954) **6.50** Fisherman's Friends: One And All. Comedy sequel, starring James Purefoy. (2022) **9.00** Mission: Impossible – Rogue Nation. Spy thriller sequel, starring Tom Cruise and Jeremy Renner. (2015) **11.40** The Rhythm Section (2020) **1.50-3.45am** Holy Cow (2024)

TALKING PICTURES

10.45am FILM The Long Duel (1967) **1.00** The Buccaneers **1.30** Carrie's War **3.20** Look At Life **3.45** Dial 999 **4.15 FILM** Robbery Under Arms (1957) **6.15** Melbourne Cleaners **6.30** Give Us A Clue **7.00** Out Of Town **7.30** Travelling Man **8.35 FILM** Brighton Rock. Thriller, starring Richard Attenborough. (1948) **10.25 FILM** Up The Chastity Belt. Medieval comedy, starring Frankie Howerd and Roy Hudd. (1971) **12.15 FILM** The Four Feathers (1939) **2.30 FILM** Women Without Men (1956) **4.00** Stagecoach West **5.00-6am** Film Noir

GREAT! ACTION

10.30am FILM Bomb At 10:10 (1967) **12.20** Good News On GREAT! Extra **12.30** The Unit **1.30** Burn Notice **3.30 FILM** Bunraku (2010) **6.00** The Unit **7.00** Burn Notice **9.00 FILM** Mercenary For Justice. Action thriller, starring Steven Seagal and Jacqueline Lord. (2006) **11.05** The Avengers **12.05** The New Avengers **1.05** The Persuaders! **2.05 FILM** Firequake (2014) **3.50** Coast Guard Alaska **4.35** Air Rescue **5.50-6am** Good News On GREAT! Extra

THURSDAY 13 AUGUST

BBC1

HD: Freeview 101 Sky 101 Virgin 101 FreeSat 101

6.00 am Breakfast News and weather reports. (S)
9.30 Animal Park Keepers hand-rear a pair of fennec fox kits. (R,S)
10.00 Trace, Track, Get My Car Back Jason and Alan close in on a stolen hire car in Maidenhead. (R,S)
10.30 LIVE European Athletics Championships: Birmingham 2026 Coverage of day four. (S)

8pm European Athletics...

1.15 BBC News At One (S)
2.00 Money For Nothing (S)
2.45 Escape To The Country A new home in Worcestershire. (R,S)
3.30 The Repair Shop (R,S)
4.30 The Answer Run (S)
5.15 Pointless (R,S)
6.00 BBC News At Six (S)
6.30 BBC Regional News (S)
7.00 The One Show Alex Jones and Roman Kemp continue the 20th birthday celebrations. (S)
7.30 SOAP EastEnders Nicola and Eve bond over their shared experiences. (S)
8.00 LIVE European Athletics Championships: Birmingham 2026 Gabby Logan presents further coverage of the evening session on day four from Alexander Stadium, including the women's 200m final. (S)
10.00 BBC News At Ten (S)
10.30 BBC Regional News (S)
10.40 FILM Yesterday A musician wakes up after being hit by a bus to find he is the only person in the world who remembers the Beatles. Comedy, starring Himesh Patel and Lily James. (2019) ★★★ (S)
12.30 Alan Carr's Picture Slam Game show. (R,S)
1.20-6am BBC News (S)

BBC2

HD: Freeview 102 Sky 102 Virgin 102 FreeSat 102

6.30 am The Bidding Room (R,S)
7.15 Money For Nothing (R,S)
8.00 Sign Zone: Gardeners' World From Damson Farm in Bath. (R,S,SL)
9.00 BBC News (S)
10.30 Antiques Road Trip (R,S)
11.15 Homes Under The Hammer Properties being sold at auction in Glasgow, east London and Derby. (R,S)
12.15 Bargain Hunt Teams go hunting in Newbury. (R,S)

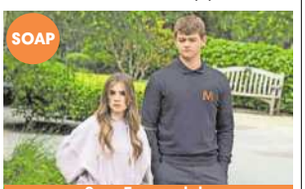
9pm A House Through Time

1.00 Richard Osman's House Of Games (R,S)
1.30 The Finish Line (R,S)
2.15 Do You Know Your Place? Quiz show. (R,S)
2.45 The Great Rift: Africa's Wild Heart (R,S)
3.35 Spy In The Ocean (R,S)
4.35 Vintage Antiques Roadshow (R,S)
5.15 Flog It! (R,S)
6.00 Richard Osman's House Of Games (R,S)
6.30 Bear Grylls: Wild Reckoning (R,S)
7.00 LIVE European Athletics Championships: Birmingham 2026 Coverage of the evening session on day four. (S)
8.00 NEW The Big Deal With Steph McGovern (1/6) Budding dealers compete to make money. (S)
9.00 NEW A House Through Time (1/4) Charting history through the successive inhabitants of an Edinburgh house. (S)
10.00 Red Dwarf (1/6) (R,S)
10.30 Newsnight (S) Followed by **Weather**
11.05 Murder Trial (R,S)
12.05 The Devil In The Family: The Fall Of Ruby Franke Last in the series. (R,S)
12.55 Sign Zone: Ambulance Last in the series. (R,S,SL)
1.55-2.55am Evolution (R,S,SL)

ITV1

HD: Freeview 103 Sky 103 Virgin 103 FreeSat 103

6.00 am Good Morning Britain Morning magazine featuring a lively mix of news and current affairs, plus health, entertainment and lifestyle features. (S)
10.00 This Morning Daily magazine, featuring a mix of celebrity chat, showbusiness news, lifestyle features, topical discussion and more. Including Local Weather. (S)



8pm Emmerdale

1.30 ITV Lunchtime News (S)
1.55 Regional News (S)
2.00 Dickinson's Real Deal (R,S)
3.00 Deal Or No Deal (R,S)
4.00 Tipping Point (R,S)
5.00 The Chase (R,S)
6.00 Regional News (S)
6.30 ITV Evening News (S)
7.30 Tom Kerridge Cooks Italy (5/6) Tom explores Italy's mountains. (S)
8.00 SOAP Emmerdale Dylan admits to April that he has been struggling. (S)
8.30 SOAP Coronation Street Tim takes in Richie's daughter Lucy without consulting Sally. (S)
9.00 The Chase Around The World (5/6) The teams land in Zurich to take on the Governess and the Dark Destroyer. (S)
10.00 ITV News (S)
10.30 Regional News (S)
10.45 FILM Quantum Of Solace James Bond sets out on a personal mission of vengeance and uncovers a plan to cause a coup in a Latin American country. Spy thriller sequel, with Daniel Craig and Olga Kurylenko. (2008) ★★★ (S)
12.35 Shop On TV
3.00 The Summit (R,S,SL)
3.50 Unwind With ITV (S)
5.05-6am Deal Or No Deal: Celebrity Special (R,S,SL)

CHANNEL 4

HD: Freeview 104 Sky 104 Virgin 104 FreeSat 126
Wales: Freeview 110 Sky 108 Virgin 108 FreeSat 106

6.30 am The King Of Queens Triple bill. (R,S)
7.45 Everybody Loves Raymond Three episodes. (R,S)
9.10 Frasier (R,S)
11.10 Ramsay's Kitchen Nightmares USA From New Jersey. (R,S)
12.05 C4 News (S)
12.10 Find It, Fix It, Flog It Henry Cole and Simon O'Brien head to Brighton to meet recycler Cat. (R,S)

10pm The Schoolgirl Terrorist?

1.10 The Great House Giveaway From Merseyside. (R,S)
2.10 Countdown (S)
3.00 A Place In The Sun (R,S)
4.00 Saving Country Houses With Penelope Keith (R,S)
5.00 Château DIY (R,S)
6.00 American Pickers (R,S)
7.00 C4 News (S)
8.00 Renovation Rescue Vogue Williams and Luke Mabbott help widow Fiona finally breathe new life into her beloved family home that holds so many precious memories. (S)
9.00 NEW Spy Next Door: The Anna Chapman Story (2/2) The FBI reveals that Anna Chapman is just one of a sprawling web of Russian agents in the United States. (S)
10.00 NEW The Schoolgirl Terrorist? How Rhianan Rudd became the youngest girl charged with terror offences in the UK. (S)
11.05 Social Media Monsters (2/10) How a stalker sought revenge on her former boss. (R,S)
12.10 Crime Scene Cleaners Remains are discovered in a Reading flat. (R,S,SL)
1.05 Secret Lives Of Gypsy Wives (R,S,SL)
1.55-2.45am Ramsay's Hotel Hell From Loudonville. (R,S,SL)

CHANNEL 5

HD: Freeview 104 Sky 105 Virgin 105 FreeSat 105

6.00 am Milkshake!
9.15 Jeremy Vine The broadcaster and guests discuss the issues of the day, with phone-ins. (S)
11.30 Storm & Alexis Discussion and debate, with Storm Huntley and Alexis Conran. (S) Followed by **5 News**
12.50 Matt Allwright Debate on the day's biggest stories, and advice to help viewers save money. (S)

8pm The Yorkshire Vet Special:...

2.20 FILM The Replacement Daughter Thriller, starring Stacy Haiduk and Emily Miceli. (2024) ★★ (S)
4.00 Castle (R,S)
4.55 Love Nature (R,S)
5.00 5 News With Dan Walker The day's headlines. (S)
6.00 Crete: Jewel Of The Med The largest of the Greek Islands. (R,S) Followed by **5 News Update**
7.00 Around The World In First Class With Josie Gibson Josie explores the tourist hotspots of Finland and Sweden. (S) Followed by **5 News Update**
8.00 NEW The Yorkshire Vet Special: Peter's Dream Peter Wright creates a pet memorial garden. (S)
9.00 Benidorm Is Murder (3/6) Dennis and Rosa investigate when a cleaner finds a murder victim. (S)
10.00 Killer At The Crime Scene The murder of a beauty spa owner. (R,S)
11.05 The Body In The Thames Investigating the murder of a child in 2001. (R,S)
12.05 Street Cops: Catching The Yobs (R,S)
1.00 Cruise TV With LoveitBookit (R,S) Followed by **Entertainment News On 5**
2.10-3.05am GPs: Behind Closed Doors (R,S)

REGIONAL VARIATIONS

BBC TWO WALES As main BBC TWO except: 11.05pm-12.05am Eisteddfod 2026 With Huw Stephens

S4C 6am Cyw **12noon** Newyddion S4C A'r Tywydd **12.05pm** Cais Quinnell **12.30** Heno **1.00** Codi Hwyl **1.30** Sgwrs Dan Y Lloer **2.00** Newyddion S4C A'r Tywydd **2.05** Prynhawn Da **3.00** Newyddion S4C A'r Tywydd **3.05** Sioe Môn 2026 **4.00** Awr Fawr: Caban Banana Gareth **4.05** Awr Fawr: Chwedlau Tinga Tinga **4.20** Awr Fawr: Help Llaw **4.35** Awr Fawr: Mojo Swoptops **4.50** Awr Fawr: Annibendod **5.00** Stwnsh: Byd Rwtsh Dai Potsh **5.15** Stwnsh: Larfa **5.20** Stwnsh: Dyffryn Mwmin **5.45** Stwnsh: Cuddio **6.00-6.59** Cynefin **7.00** Heno **7.30** Newyddion S4C A'r Tywydd **8.00** Pobol Y Cwm **8.25** Gwlad Y Basg: Gwilym Bowen Rhys **8.55** Newyddion S4C A'r Tywydd **9.00** Fairbourne: Y Mor Wrth Y Drws **10.00** Taclo'r Ty **10.30-11.35pm** Yr Afon

FREEVIEW AND SATELLITE CHANNELS

ITV2

11.10am Charmed **12.10** Deal Or No Deal **1.10** Supermarket Sweep **2.10** The Floor **3.10** The Only Way Is Essex **4.10** The Real Housewives Of Potomac **5.00** The Real Housewives Of Beverly Hills **6.00** Celebrity Catchphrase **7.00** The Floor **8.00** The 1% Club. Quiz, hosted by Lee Mack. **9.00** Romesh Ranganathan's Parents' Evening **10.00** Changing Ends **10.35** Family Guy **11.35** American Dad! **12.35** Bob's Burgers **1.30** Deal Or No Deal **2.20-3am** Unwind With ITV

ITV3

11.30am Heartbeat **1.35** Midsomer Murders **3.35** Classic Emmerdale **4.40** Classic Coronation Street **5.50** Heartbeat **8.00** Vera **10.00** Grantchester **11.50** Trial & Retribution **1.25** Poirot **2.20-2.30am** Unwind With ITV

ITV4

11.15am Robin Of Sherwood **12.20** Magnum, PI **2.25** The Casebook Of Sherlock Holmes **3.30** Boon **4.35** The Professionals **5.45** Minder **6.50** Sharpe **9.00** Benidorm **11.00 NEW EPISODE!** Black Sails **12.15** Hell's Kitchen **1.10** The Professionals **2.15** Auto Mundial **2.45-3am** Unwind With ITV

BBC THREE

7pm NEW EPISODE! The Catch Up **7.05** Deadly 60 **8.00** Sort Your Life Out With Stacey Solomon. From East Sussex. **9.00 NEW SERIES!** Better Date Than Never **10.30** RuPaul's Drag Race UK: Meet The Queens **10.55 FILM** Bridget Jones's Baby (2016) **12.50** The Kim Kardashian Diamond Heist **1.35** The Trouble With Kanye **2.50-3.50am** Better Date Than Never

BBC FOUR

7pm Villages By The Sea **7.30** Wainwright Walks **8.00** Operation Mincemeat **9.00 NEW!** The Coen Brothers Story. Documentary on film-makers the Coen brothers. **10.00 FILM** Inside Llewyn Davis (2013) **11.40 FILM** Shaft (1971) **1.15** Wainwright Walks **1.45** Operation Mincemeat **2.45-3.15am** Villages By The Sea

E4

12noon The Simpsons **2.00** Brooklyn Nine-Nine **3.00** Modern Family **5.00** The Simpsons **8.00 NEW EPISODE!** Vanderpump Rules. The group go wine-tasting. **9.00 NEW EPISODE!** Cruising Paradise: Above And Below Deck. Turbulent weather means the crew have to improvise. **10.00** Gogglebox **11.05** Naked Attraction **12.10** First Dates **1.15** Cruising Paradise: Above And Below Deck **2.15** Vanderpump Rules **3.05** Ramsay's Kitchen Nightmares USA **3.55** The Simpsons **4.20** The Goldbergs **5.10-6am** Brooklyn Nine-Nine

MORE4

11.35am Four In A Bed **12.40** Come Dine With Me **3.20** Four In A Bed **5.50** Car S.O.S **7.55** Grand Designs **9.00 NEW EPISODE!** The Reclaimers: Made In Suffolk. Last in the series. **10.00** 24 Hours In A&E **12.10** 999: On The Front Line **1.15** 24 Hours In A&E **3.25-3.55am** A Place In The Sun

FILM4

11am Journey To The Center Of The Earth (1959) **1.40** Sherlock Holmes And The Secret Weapon (1942) **3.10** The True Story Of Jesse James (1957) **5.00** Tolkien (2019) **7.10** Moon. Sci-fi drama, starring Sam Rockwell. (2009) **9.00** The Woman King. Historical drama, starring Viola Davis. (2022) **11.40** Anna (2019) **2.00-3.55am** Berberian Sound Studio (2012)

TALKING PICTURES

10.50am FILM The Small Back Room (1948) **1.00** The Adventures Of Sir Lancelot **1.30 FILM** Rebecca (1940) **4.05 FILM** Jigsaw (1962) **6.10** Look At Life **6.20** Strange But True **6.55** The Brothers **8.00** Mark Saber **8.30** The Wheeltappers And Shunters Social Club **9.20 FILM** The Sea Shall Not Have Them. Drama, starring Dirk Bogarde. (1955) **11.10 FILM** The Comic. Comedy drama, starring Dick Van Dyke. (1969) **1.05 FILM** X The Unknown (1956) **2.40** Colonel March Investigates **4.00** Burke's Law **5.00-6am** Film Noir

GREAT! ACTION

10.30am FILM Two Rode Together (1961) **12.50** The Unit **1.50** Burn Notice **3.50 FILM** First Kill (2017) **6.00** The Unit **7.00** Burn Notice **9.00 FILM** Soldier Blue. Western, starring Candice Bergen. (1970) **11.30** The Avengers **12.30** The New Avengers **1.30** The Persuaders! **2.30 FILM** Asteroid: Final Impact (2015) **4.05** Coast Guard Alaska **4.50** Good News On GREAT! Extra **5.00** Air Rescue **5.50-6am** Good News On GREAT! Extra

FRIDAY 14 AUGUST

BBC1

HD: Freeview 101 Sky 101 Virgin 101 FreeSat 101

6.00 am Breakfast (S)
9.30 Animal Park (R,S)
10.00 Trace, Track, Get My Car Back Documentary. (R,S)
10.30 LIVE European Athletics Championships: Birmingham 2026 Coverage of the opening session on day five from Alexander Stadium, where the heptathlon gets under way with the 100m hurdles and high jump. (S)

10.40pm Ann Droid

1.15 BBC News At One (S)
2.00 The Hairdresser Mysteries Halloween arrives in Blossom Vale. (S)
2.45 Escape To The Country Sonali Shah helps a couple to find a new home in Argyll and Bute. (R,S)
3.30 The Repair Shop (R,S)
4.30 The Answer Run (S)
5.15 Pointless (R,S)
6.00 BBC News At Six (S)
6.30 BBC Regional News (S)
7.00 The One Show At 20 Alex Jones and Roman Kemp celebrate the show's 20th anniversary. (S)
8.00 LIVE European Athletics Championships: Birmingham 2026 Gabby Logan presents coverage of the evening session on day five from Alexander Stadium, including the men's 200m and women's 800m finals. (S)
10.00 BBC News At Ten (S)
10.30 BBC Regional News (S)
10.40 Ann Droid (5/6) Linda persuades Sue to go camping to see a meteor storm under clear skies, but Linda ends up causing chaos at the campsite. (S)
11.10 FILM PREMIERE Mothers' Instinct Drama, starring Anne Hathaway and Josh Charles. (2024) ★★★★ (S)
12.45-6am BBC News (S)

BBC2

HD: Freeview 102 Sky 102 Virgin 102 FreeSat 102

6.30 am The Answer Run (R,S)
7.15 Money For Nothing (R,S)
8.00 Sign Zone: Marcus Wareing Simply Provence (R,S,SL)
9.00 BBC News (S)
10.30 Antiques Road Trip (R,S)
11.15 Homes Under The Hammer Including a flat in Coleford, Gloucestershire. (R,S)
12.15 Bargain Hunt Colin Young and Roo Irvine captain two teams at an antiques fair in Oswestry. (R,S)

9pm Bergerac

1.00 Richard Osman's House Of Games (R,S)
1.30 The Finish Line (R,S)
2.15 Do You Know Your Place? Quiz show, hosted by Vernon Kay. (R,S)
2.45 The Great Rift: Africa's Wild Heart (R,S)
3.45 The Great Rift: Africa's Wild Heart (R,S)
4.35 Vintage Antiques Roadshow (R,S)
5.15 Flog It! (R,S)
6.00 Richard Osman's House Of Games (R,S)
6.30 Bear Grylls: Wild Reckoning (R,S)
7.00 LIVE European Athletics Championships: Birmingham 2026 Coverage of the evening session on day five. (S)
8.00 Gardeners' World (22/32) As the drought takes its toll on Longmeadow, Monty Don takes stock of his garden. (S)
9.00 Bergerac (5/6) A startling revelation about the night of Cate's murder changes everything. (S)
9.45 QI XL (8/14) (R,S)
10.30 Newsnight (S) Then **Weather**
11.05 FILM PREMIERE On Falling Drama, starring Joana Santos and Inês Vaz. (2024) ★★★ (S)
12.45-1.45am Sign Zone: The Rapture (R,S,SL)

ITV1

HD: Freeview 103 Sky 103 Virgin 103 FreeSat 103

6.00 am Good Morning Britain Morning magazine featuring a lively mix of news and current affairs, plus health, entertainment and lifestyle features. (S)
10.00 This Morning Magazine, featuring a mix of celebrity chat, showbusiness news, lifestyle features, topical discussion, health and beauty advice and more. Including Local Weather. (S)

8.30pm Coronation Street

1.30 ITV Lunchtime News (S)
1.55 Regional News (S)
2.00 Dickinson's Real Deal (R,S)
3.00 Deal Or No Deal (R,S)
4.00 Tipping Point (R,S)
5.00 The Chase (R,S)
6.00 Regional News (S)
6.30 ITV Evening News (S)
7.30 Abbey Clancy: Celebrity Homes (2/6) Abbey visits the homes of Olivia Bowen and Emma Thynn. (R,S)
8.00 SOAP Emmerdale Lewis surprises Kev with an announcement. (S)
8.30 SOAP Coronation Street Lucy's presence stirs up conflict on the street. (S)
9.00 Who Wants To Be A Millionaire? Celebrity Special Steph McGovern and Dion Dublin compete to win money for their chosen charities. (R,S)
10.00 The Twisted Tale Of Amanda Knox (7/8) After four years in prison for a crime they didn't commit, Amanda and Raffaele are free. (S)
11.00 ITV News (S)
11.35 Regional News (S)
11.50 Inside The Langham: Britain's First Grand Hotel (4/6) (R,S)
12.15 Shop On TV
3.00 Force Of Nature (R,S,SL)
3.50 Long Lost Family (R,S,SL)
4.45-6am Unwind With ITV (S)

CHANNEL 4

HD: Freeview 104 Sky 104 Virgin 104 FreeSat 126
Wales: Freeview 110 Sky 108 Virgin 108 FreeSat 106

6.30 am The King Of Queens Three episodes. (R,S)
7.45 Everybody Loves Raymond Three episodes. (R,S)
9.10 Frasier (R,S)
11.10 Ramsay's Kitchen Nightmares USA (R,S)
12.05 C4 News (S)
12.10 Find It, Fix It, Flog It Henry Cole and Simon O'Brien visit Gloucestershire to meet Tom, who is obsessed with motocross. (R,S)

8pm Surgery Secrets Of The...

1.10 The Great House Giveaway Two strangers in Kidderminster buy a property at auction. (R,S)
2.10 Countdown (S)
3.00 A Place In The Sun (R,S)
4.00 Saving Country Houses With Penelope Keith (R,S)
5.00 Château DIY (R,S)
6.00 American Pickers (R,S)
7.00 C4 News (S)
8.00 Surgery Secrets Of The Super Rich (5/6) Emma has a £9,500 nano-fat treatment to rejuvenate her under-eye shadows and James tackles hair loss head-on in an eight-hour transplant. (S)
9.00 8 Out Of 10 Cats Does Countdown Jimmy Carr hosts the comedy words-and-numbers quiz, with Jon Richardson and Roisin Conaty taking on new team captain Rob Beckett and Kiell Smith-Bynoe. (R,S)
10.00 Big Fat Quiz: Best Bits A compilation of the biggest flops from the show. (S)
11.05 Sarah Millican: Chatterbox Live Stand-up comedy show recorded in London in 2011. (R,S)
12.10 Bill Bailey Live: Part Troll The comedian performs at Hammersmith Apollo. (R,S)
1.35 Ramsay's Hotel Hell (R,S,SL)
2.25-4.35am Four In A Bed (R,S)

CHANNEL 5

HD: Freeview 104 Sky 105 Virgin 105 FreeSat 105

6.00 am Milkshake!
9.15 Jeremy Vine Start the day with a dose of hard-hitting debate, your phone calls and a little fun – all driven by Jeremy's unique style. (S)
11.30 Storm & Alexis Discussion and debate, with Storm Huntley and Alexis Conran. (S) Followed by **5 News**
12.50 Matt Allwright Debate on the day's biggest stories, and consumer advice. (S)

8pm Alexander Armstrong In...

2.20 FILM My Husband's Seven Wives Thriller, starring Kristi Murdock. (2024) ★★ (S)
4.00 Castle (R,S)
4.55 Love Nature (R,S)
5.00 5 News With Dan Walker (S)
6.00 Ibiza: Jewel Of The Med A visit to the Balearic island known for its nightlife and rich cultural history. (R,S) Followed by **5 News Update**
7.00 Tom Read Wilson's Magnificent Journey (2/3) The presenter's travels take him to Italy. (R,S) Followed by **5 News Update**
8.00 Alexander Armstrong In Sri Lanka (1/3) Alexander heads for the paradise isle of the Indian Ocean, exploring its golden sands and historic culture, beginning in the fortress town of Galle. (R,S)
9.00 The Big Drought Of 1975 A look at a record-breaking spell of erratic weather in the UK that lasted for 16 months. (R,S)
10.30 Piers Morgan: Uncensored Opinion-led news and debate show. (S)
12.05 Fare Dodgers: At War With The Law (R,S)
1.00 Cruise TV With LoveitBookit (R,S) Followed by **Entertainment News On 5**
2.10-3am GPs: Behind Closed Doors Documentary. (R,S)

REGIONAL VARIATIONS

ITV WALES 7.00-7.30pm Coast & Country **S4C 6am** Cyw **12noon** Newyddion S4C **12.05pm** Pysgod I Bawb **12.30** Heno **1.00** Y Ci Perffaith **1.30** Dan Do **2.00** Newyddion S4C A'r Tywydd **2.05** Prynhawn Da **3.00** Newyddion S4C A'r Tywydd **3.05** Ty Ffit **4.00** Awr Fawr: Octonots **4.10** Awr Fawr: Og Y Draenog Hapus **4.20** Awr Fawr: Misho **4.30** Awr Fawr: Joni Jet **4.45** Awr Fawr: Parc Glan Gwil **5.00** Stwnsh: Lego Ffrindiau: Amdani Ferched! **5.10** Stwnsh: Bwystfil **5.20** Stwnsh: Prys A'r Pryfed **5.35** Stwnsh: Ar Goll Yn Oz **6.00** Gerddi Cymru **6.30-6.59** Garddio A Mwy **7.00** Heno **7.30** Newyddion S4C A'r Tywydd **8.00** Mike Bubbins: Un Mewn Miliwn **8.55** Newyddion S4C A'r Tywydd **9.00** Am Dro! **10.00** Y Deis **10.30-11.35pm** Miwsig Fy Mywyd

FREEVIEW AND SATELLITE CHANNELS

ITV2

11.10am Charmed **12.10** Deal Or No Deal **1.10** Supermarket Sweep **2.10** The Floor **3.10** The Only Way Is Essex **4.10** The Real Housewives Of Potomac **5.00** The Real Housewives Of Beverly Hills **6.00** Celebrity Catchphrase **7.00** The Floor **8.00** The 1% Club **9.00 FILM** John Wick: Chapter 2. Action sequel, starring Keanu Reeves. (2017) **11.25** Family Guy **12.25** American Dad! **1.25** Bob's Burgers **2.15-3am** Unwind With ITV

ITV3

11.35am Heartbeat **1.35** Midsomer Murders **3.35** Classic Emmerdale **4.40** Classic Coronation Street **5.50** Heartbeat **8.00** Doc Martin **10.00** Grantchester. Detective drama. **11.50** Trial & Retribution **1.55** George And Mildred **2.20-2.30am** Unwind With ITV

ITV4

12noon Dramatic Finishes **12.10** Magnum, PI **3.15** Boon **4.15** The Professionals **5.25** British Touring Car Championship Highlights **6.55** Sharpe **9.00 FILM** RoboCop 2. Sci-fi thriller sequel, starring Peter Weller and Nancy Allen. (1990) **11.15** All Elite Wrestling: Dynamite **1.15** Dark Side Of The Ring **2.05-3am** Two And A Half Men

BBC THREE

7pm NEW EPISODE! The Catch Up **7.05** Deadly 60 **7.30 FILM** Night At The Museum: Secret Of The Tomb. Fantasy comedy sequel, starring Ben Stiller. (2014) **9.00** Death In Paradise **10.00** Ghosts Australia **11.15 NEW SERIES!** He Had It Coming. Comedy drama, with Lydia West and Natasha Liu Bordizzo. **2.35** My Mate's A Bad Date **2.55-3.55am** Death In Paradise

BBC FOUR

7pm NEW! Beethoven's Seventh At The Proms. Gustavo Dudamel and the Los Angeles Philharmonic in Beethoven and Gabriela Ortiz. **8.35** TOTP: 2000 **9.35** TOTP: 1985 **10.05** TOTP: 1986 **10.35** Ultimate Cover Versions at the BBC. Sixty years of cover performances. **11.35** Ultimate Cover Versions at the BBC **1.35** TOTP: 2000 **2.35** TOTP: 1985 **3.05-3.35am** TOTP: 1986

E4

12noon The Simpsons **2.00** Brooklyn Nine-Nine. Double bill. **3.00** Modern Family **5.00** The Simpsons **8.00 NEW EPISODE!** Vanderpump Rules. Audrey second-guesses her relationship with Chris. **9.00** Gogglebox **10.00 FILM** American Reunion (2012) **12.10** Naked Attraction **1.10** Gogglebox **2.15** Vanderpump Rules **3.05** Ramsay's Kitchen Nightmares USA **3.55** The Goldbergs **4.45-6am** Brooklyn Nine-Nine

MORE4

11.35am Four In A Bed **12.40** Come Dine With Me **3.20** Four In A Bed **5.50** Car S.O.S **7.55** Grand Designs **9.00 NEW EPISODE!** Carpe Diem. Tom represents a deep-sea fisherman who admits to murder. In French. **10.05** 24 Hours In A&E **12.15** 999: On The Front Line **1.15** 24 Hours In A&E **3.25-3.55am** A Place In The Sun

FILM4

11am Cleopatra (1963) **3.45** Siege Of The Saxons (1963) **5.30** The Battle At Apache Pass (1952) **7.15** Horizon Line. Thriller, starring Allison Williams. (2020) **9.00** Fury. Second World War drama, starring Brad Pitt. (2014) **11.40** The Invitation (2022) **1.45-4am** Infinity Pool (2023)

TALKING PICTURES

11.30am FILM The Broken Horseshoe (1953) **1.05** The Edgar Wallace Mystery Theatre **2.15** The Adventures Of Robin Hood **2.45 FILM** Brandy For The Parson (1952) **4.20** Look At Life **4.30** The Cheaters **5.00** A Family At War **6.00** Rumpole Of The Bailey **7.00** Z Cars **8.00** Public Eye **9.05** Cellar Club With Caroline Munro **9.10** Supernatural **10.10** Cellar Club With Caroline Munro **10.20** Tales Of Frankenstein **10.55 FILM** The Devil Bat (1940) Horror, starring Bela Lugosi. **12.15** Cellar Club With Caroline Munro **12.20 FILM** Gift Horse (1952) **2.25** Boris Karloff: The Man Behind The Monster **4.30** The Vise **5.00-6am** The Detectives

GREAT! ACTION

1pm The Unit **2.00** Burn Notice **4.00 FILM** Sniper Elite (2014) **6.00** The Unit **7.00** Burn Notice **9.00 FILM** The Transporter Refueled. Action thriller sequel, starring Ed Skrein. (2015) **11.05** The Avengers **12.05** The New Avengers **1.05** The Persuaders! **2.05 FILM** Collision Course (2012) **3.40** Coast Guard Alaska **4.25** Air Rescue **5.40-6am** Good News On GREAT! Extra

SATURDAY 15 AUGUST

BBC1

HD: Freeview 101 Sky 101 Virgin 101 FreeSat 101

6.00 am Breakfast (S)
10.00 LIVE European Athletics Championships: Birmingham 2026 The opening session on day six from Alexander Stadium in Birmingham. The women's 1500m heats take place this morning, with a strong British trio of Georgia Hunter Bell, Laura Muir and Katie Snowden competing for places in the final. (S)

7.15pm European Athletics...

1.30 BBC News (S)
1.45 Bargain Hunt Teams search for bargains in Kingston upon Thames. (R,S)
2.30 FILM Chicken Run Animated comedy, with the voices of Mel Gibson and Julia Sawalha. (2000) ★★★★ (S)
3.50 Escape To The Country In Perth and Kinross. (R,S)
4.35 Garden Rescue (R,S)
5.20 BBC News (S)
5.30 BBC Regional News (S)
5.45 The Hit List (S)
6.30 Alan Carr's Picture Slam Ian and Liz, Arif and Kusar, and Rachel and Connor take part. (S)
7.15 LIVE European Athletics Championships: Birmingham 2026 Gabby Logan presents coverage of the evening session on day six from Alexander Stadium in Birmingham, including the men's and women's 4x100m finals. (S)
10.00 BBC News (S)
10.20 FILM Mission: Impossible A secret agent is accused of betraying his fellow spies, and sets out on a mission to clear his name. Action thriller based on the 1960s TV series, with Tom Cruise and Jon Voight. (1996) ★★★★ (S)
12.10-6am BBC News (S)

BBC2

HD: Freeview 102 Sky 102 Virgin 102 FreeSat 102

6.05 am Children's Programmes
8.00 Malory Towers (R,S)
8.25 Newsround (S)
8.30 Gardeners' World (R,S)
9.30 Beechgrove Garden (S)
10.00 Saturday Kitchen Best Bites Matt Tebbutt presents. (S)
11.30 Anna Haugh's Big Irish Food Tour (R,S)
12.00 Lorraine Pascale: How To Be A Better Cook (R,S)
12.30 Homes Under The Hammer Property auctions. (R,S)

8.30pm TOTP: Big Hits 2003

1.30 LIVE Gymnastics: European Championships 2026 Coverage of the third and penultimate day of the women's event. (S)
5.30 FILM Superman III Comic-book adventure sequel, starring Christopher Reeve. (1983) ★★ (S)
7.30 NEW Celebrating Graceland At The Proms A concert marking the 40th anniversary of Paul Simon's album, featuring Ladysmith Black Mambazo, the Nu Civilisation Orchestra, James Bay and Laura Mvula. (S)
8.30 NEW TOTP: Big Hits 2003 Featuring appearances by Beyoncé, Sugababes and Coldplay. (S)
9.30 NEW TOTP: The Story Of 2003 Mel Giedroyc narrates a musical review of the year. (S)
10.30 Beyoncé At The BBC A selection of performances by the singer. (R,S)
11.00 Sugababes At Glastonbury 2024 The pop trio's performance on the West Holts stage. (R,S)
11.40 FILM The Graduate Comedy drama, starring Dustin Hoffman. (1967) ★★★★★ (S)
1.25-2.25am Sign Zone: Who Do You Think You Are? (R,S,SL)

ITV1

HD: Freeview 103 Sky 103 Virgin 103 FreeSat 103

6.00 am James Martin's French Adventure (R,S)
6.30 James Martin's American Adventure (R,S)
7.30 Love Your Weekend With Alan Titchmarsh (R,S)
9.25 ITV News (S)
9.30 ITV Racing: The Opening Show (S)
10.30 James Martin's Saturday Morning James is joined by With Josie Gibson and Victoria Pendleton. (R,S)

8pm Skyfall

1.00 ITV News (S)
1.15 LIVE ITV Racing: From Newbury Coverage from Newbury, Newmarket and Ripon. (S)
4.00 FILM Moonraker James Bond spy adventure, starring Roger Moore. (1979) ★★★★ (S)
6.30 ITV News (S)
6.45 Regional News (S)
7.00 Deal Or No Deal: Celebrity Special Joe Lycett takes on the Banker. (S)
8.00 FILM Skyfall James Bond hunts the mastermind behind a terrorist attack on MI6, and discovers a former agent with revenge in mind. Action thriller, starring Daniel Craig and Javier Bardem. (2012) ★★★★★ (S)
10.40 ITV News (S)
11.00 The Staircase (5/8) It is 2004 and Michael and his family struggle with the court's decision, while Jean and his producer Denis clash over whose side of the story they are telling. (S)
12.10 English Football League Highlights (S)
1.30 Shop On TV
3.00 Cold Case Forensics: In The Blood (R,S,SL)
3.50 Unwind With ITV (S)
5.05-6am Fern Britton: Inside The Vet's (R,S,SL)

CHANNEL 4

HD: Freeview 104 Sky 104 Virgin 104 FreeSat 104
Wales HD: Freeview 110 Sky 108 Virgin 108 FreeSat 106

6.05 am Cheers (R,S)
7.55 Everybody Loves Raymond Four episodes. (R,S)
9.55 Frasier (R,S)
10.25 Frasier (R,S)
10.55 Frasier (R,S)
11.25 The Simpsons (R,S)
11.55 The Simpsons (R,S)
12.25 The Simpsons Sideshow Bob plots to kill Bart. (R,S)
12.55 The Simpsons Homer becomes a tow-truck driver. (R,S)

8pm Bettany Hughes' Lost Worlds...

1.25 The Simpsons (R,S)
1.55 Four In A Bed (R,S)
2.25 Four In A Bed (R,S)
2.55 Four In A Bed (R,S)
3.25 Four In A Bed (R,S)
3.55 Four In A Bed (R,S)
4.30 George Clarke's Amazing Spaces (R,S)
5.30 Grand Designs (R,S)
6.30 C4 News (S)
7.00 Sandi Toksvig's Hidden Wonders (2/4) Sandi and Raksha join the dig at the site of Cookham Abbey. (R,S)
8.00 NEW Bettany Hughes' Lost Worlds: Dawn Of Civilisations (2/2) The historian uncovers the origins of civilisation itself. (S)
9.00 Dictator: The Hitler Interviews (3/3) People who knew Hitler recall how he led Germany to defeat and disaster. (S)
10.00 NEW Concorde Crash: Days That Shocked The World The crash of a supersonic jet on take-off in 2000. (S)
11.00 FILM The Unbearable Weight Of Massive Talent Comedy, starring Nicolas Cage. (2022) ★★★★ (S)
1.00-2.45am FILM Monos Drama, starring Sofia Buenaventura. (2019) ★★★★ (S)

CHANNEL 5

HD: Freeview 104 Sky 105 Virgin 105 FreeSat 105

6.00 am Milkshake! Followed by **Entertainment News On 5**
9.20 Bargain-Loving Brits In The Sun (R,S)
9.50 Secrets Of The Royal Palaces Behind-the-scenes. (R,S)
10.45 Yorkshire's Poshest Hotel: Grantley Hall (R,S)
12.40 The Royals: Uncensored Debate, insider analysis and insights on the royal family. (S)

8pm Princess Anne: Royal Rule...

1.40 Coastal Adventures With Helen, Jules & JB (R,S)
2.40 Coastal Adventures With Helen, Jules & JB (R,S)
3.35 The Yorkshire Vet: A Decade In The Moors & Dales Celebrating 10 years of the series with a look back at classic stories. (R,S)
5.00 Ken Dodd: 60 Years Of Laughter A celebration of the comedian's career. (R,S) Followed by **5 News Weekend**
7.00 Sussex: Jewel Of The South Coast (4/5) The restoration of the Prince Regent's piano at Brighton's Royal Pavilion. (S)
8.00 Princess Anne: Royal Rule Breaker Profile of the Princess Royal. (R,S)
9.30 Royal Heirs And Spares: Rivalry & Resentment Documentary exploring the relationships between royal heirs and their siblings, tracing the evolving dynamic between those born into unequal destinies. (R,S)
11.05 When Live TV Goes Horribly Wrong Richard Arnold narrates a rundown of live TV's greatest fails. (R,S)
1.00 Cruise TV With LoveitBookit (R,S)
2.00-2.50am GPs: Behind Closed Doors (R,S)

REGIONAL VARIATIONS

S4C 6am Cyw **8.00-10.00** Stwnsh Sadwrn **8.00** Y Doniolis **8.10** Prys A'r Pryfed **8.20** Bwystfil **8.30** Lego DREAMZzz **8.55** Chwarter Call **9.10** Y Smyrffs **9.20** He-Man A Meistri'r Bydysawd **9.40** Y Galeri Luniau **10.00** Parc Glan Gwil **10.15** Garddio A Mwy **10.50** Dan Do **11.20** Cartrefi Cymru **11.50** Sgwrs Dan Y Lloer **12.25pm** Ffasiwn Drefn **12.55** Sain Ffagan **1.25** Prosiect Pum Mil **2.25** Busnes Bwyd **3.25** Taclo'r Ty **4.00** Jason Mohammad: Stadiymau'r Byd **5.00** Sgorio **7.15** Newyddion S4C A'r Tywydd **7.30** Ciao! Colleen Ag Owain **8.00** Sioe Môn 2026 **9.00** Y Crwydryn **10.40** Sgrap **11.15-11.50pm** Stiwdio24/7

FREEVIEW AND SATELLITE CHANNELS

ITV2

11.10am Deal Or No Deal **12.10** Wheel Of Fortune **1.15** Celebrity Catchphrase **2.15 FILM** Sonic The Hedgehog 2 (2022) **4.35 FILM** Johnny English Reborn. Comedy, with Rowan Atkinson. (2011) **6.45 FILM** Miss Congeniality 2: Armed And Fabulous. Comedy sequel, starring Sandra Bullock. (2005) **9.00 FILM** The Batman. Comic-book drama, starring Robert Pattinson. (2022) **12.25** Family Guy **1.25** American Dad! **2.25** Plebs **2.50-3am** Unwind With ITV

ITV3

10.10am A Touch Of Frost **12.20** The Darling Buds Of May **2.35** Midsomer Murders **10.15** Vera **12.05** Inspector Morse **2.15-2.30am** Unwind With ITV

ITV4

12noon River Monsters **1.00** The Casebook Of Sherlock Holmes **2.00 LIVE SPORT!** Formula E Live. Race one of the London E-Prix. Start-time at **3.05**. **4.35** Great Racehorses **5.00** Aussie Pickers **7.00** The Motorbike Show **9.00** English Football League Highlights. Action from the opening round of fixtures. **10.30** All Elite Wrestling: Dynamite **12.30** Minder **1.30** Two And A Half Men **2.30-3am** Unwind With ITV

BBC THREE

7pm Doctor Who **8.40 NEW SERIES!** Ghosts US. Three episodes. **10.00** Mrs Brown's Boys **11.00** Nighty Night. Black comedy, starring Julia Davis. **12.00** Schitt's Creek **2.15-3.50am** Doctor Who

BBC FOUR

7pm Africa's Lion Kings: Natural World **7.05** Life On Earth **8.00** Voyages Of Discovery **9.00 NEW SERIES!** Kabul **10.45** To The Manor Born **11.15** Keeping Up Appearances **11.45** Bouffants, Beehives And Bobs: The Hairdos That Made Britain **12.45** Life On Earth **1.40** Voyages Of Discovery **2.35-3.35am** The Wildest Weather In The Universe: Horizon

E4

11.05am Ramsay's Kitchen Nightmares USA **3.00** The Simpsons **6.35 FILM** Oblivion (2013) **9.00** Celebrity Gogglebox **10.00** Gogglebox **12.10** First Dates **1.15** Below Deck: Mediterranean **3.50** Brooklyn Nine-Nine **4.40-6am** Ramsay's Kitchen Nightmares USA

MORE4

11.35am A Place In The Sun **2.40** Come Dine With Me **5.20** Four In A Bed **8.00** Griff's Canadian Adventure **9.00** 24 Hours In A&E **11.05** 999: On The Front Line **1.10** 24 Hours In A&E **3.20-3.50am** A Place In The Sun

FILM4

11am Fantastic Voyage (1966) **1.05** The Enemy Below (1957) **3.05** Secret Headquarters. Comedy adventure, starring Owen Wilson. (2022) **5.10** Flamin' Hot (2023) **7.05** See How They Run. Mystery comedy, starring Sam Rockwell and Saoirse Ronan. (2022) **9.00** Angel Has Fallen. Action thriller sequel, starring Gerard Butler and Morgan Freeman. (2019) **11.20** Monolith. Thriller, starring Lily Sullivan. (2023) **1.10-3am** We're All Going To The World's Fair. Horror, starring Anna Cobb. (2021)

TALKING PICTURES

12noon FILM The Great Van Robbery (1959) **1.20 FILM** The Four Feathers. Period adventure, starring John Clements. (1939) **3.35** Whiplash **4.10 FILM** Gift Horse (1952) **6.15** Look At Life **6.25** Dick Turpin **7.00** Maigret **8.00** The Duchess Of Duke Street **9.05** Francis Durbridge's Melissa **10.10 FILM** Turn The Key Softly. Drama, starring Joan Collins and Yvonne Mitchell. (1953) **11.45** Eurotrash **12.20** Fortean TV **12.55** One Step Beyond **1.30 FILM** Take Me Naked. Drama, starring Roberta Findlay. (1966) **2.55 FILM** Snowbeast. Thriller, starring Bo Svenson and Yvette Mimieux. (1977) **4.40** The Bespoke Overcoat **5.25** Cinebox Memories **5.30-6am** Honey West

GREAT! ACTION

10am FILM The Proud Rebel (1958) **12.15 FILM** Went The Day Well? (1942) **2.20 FILM** Two Rode Together. Western, starring James Stewart. (1961) **4.40 FILM** Romancing The Stone. Comedy adventure, starring Michael Douglas and Kathleen Turner. (1984) **7.00 FILM** The Double. Spy thriller, starring Richard Gere and Topher Grace. (2011) **9.00 FILM** Kingdom Of Heaven. Historical epic, starring Orlando Bloom. (2005) **12.00** The Avengers **1.00** The New Avengers **2.00** The Persuaders! **3.00 FILM** Absolute Zero. Disaster thriller, starring Jeff Fahey. (2005) **4.25** Coast Guard Alaska **5.10-6am** Air Rescue

Puzzles

Code word

In this crossword, each letter of the alphabet appears as a code number. Crack the code to complete the grid. We have given you some letters to start you off. Once you've completed the puzzle, transfer the appropriate letters to the smaller grid to spell out the name of a *Hollyoaks* actress.

13	7	20	19	20	6	■	1	2	4	13	14	20
2	■	18	■	23	■	20	■	20	■	18	■	6
22	13	2	12	14	2	4	■	20	2	14	5	2
7	■	9	■	2	■	7	■	14	■	22	■	5
■	2	10	14	6 T	■	7	2	13	6	17	7	12
20	■	18	■	■	■	8	■	7	■	■	■	19
6	14	15	7	12	18	■	2 A	12	26	18	19	5 N
2	■	■	■	13	■	13	■	■	■	9	■	22
13	7	9	4	19	3	2	■	11	2	6	7	■
25	■	2	■	11	■	10	■	13	■	19	■	9
19	5	22	18	6	■	10	4	18	18	16	7	13
5	■	2	■	7	■	19	■	24	■	14	■	18
22	7	5	6	13	21	■	20	7	7	16	7	12

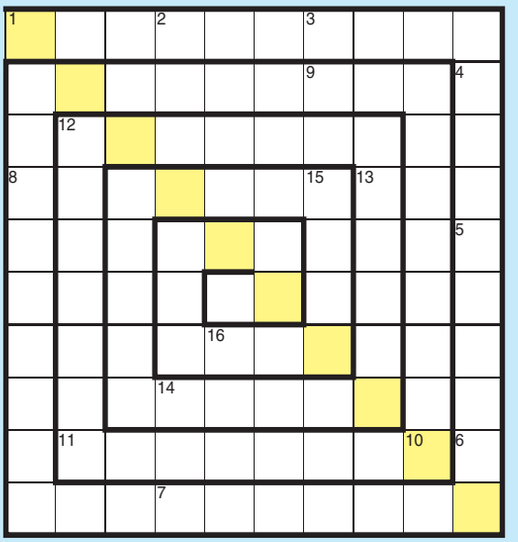
~~A~~ B C D E F G H I J K L M ~~N~~ O P Q R S ~~T~~ U V W X Y Z

1	2 A	3	4	5 N	6 T	7	8	9	10	11	12	13
14	15	16	17	18	19	20	21	22	23	24	25	26

26	18	13	22	19	7		9	18	13	6	7	13

Word spiral

In this puzzle, the last letter of each solution word is the first letter of the next. Once completed, the shaded diagonal letters – read left to right – will spell out the name of a former *Home and Away* character.



1 Above average height (4)
2 Opposite of 'profit' (4)
3 Flower stem (5)
4 Dial on a radio (4)
5 Sublime happiness (5)
6 Veiled, wrapped (8)
7 Copies exactly (10)
8 Figure to frighten birds from crops (9)
9 Evil, wrongdoing (10)
10 Taking the husks off (nuts) (8)
11 Respirator against poisonous vapours (3,4)
12 Aussie animal (8)
13 Not captured on film (3,6)
14 Scene from above (6,4)
15 Sudden violent twist or pull (6)
16 Opposite of 'lightest' (8)

Mind the gap

Fill these three-letter words into the spaces on the right, so that each row spells out a word. Once completed, the shaded column – read top to bottom – will spell out the name of a *Coronation Street* character.

HOG PAN
NOT PEN
ODD PIE
ORE RID

P	R				I	N	G
P	A	T				E	N
O	V	E	R				E
N	I	P				S	T
F	O	O	T				E
O	C	C	U				T
E	X	P	L				R
S	H	A	R				S

Arrow word

Follow the arrows to fill in your answers. Then rearrange the letters in the shaded squares to spell out the first name of an *EastEnders* character.

Short theatrical sketches		Net face covers		Anecdotes, stories		Honey-mooner		Larger bone of the forearm	Old Russian emperor
Cable-free internet (2-2)		___ Mendes, US actress				Deep furrow			
				Steel tracks					
Invites (to a party)		Sir ___ Hutton, cricketer				Molecular heredity coding (inits)			
				Long weapon with a pointed tip					

Kriss kross

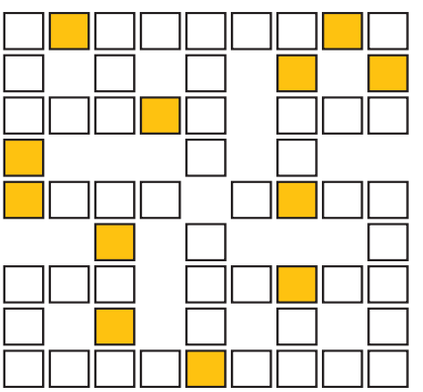
Using logic, fit all the words in the grid. Then rearrange the shaded squares to spell out the name of an *Emmerdale* character (4,8).

3 letters
AGE
ASK
FOE
PIN
POI
YAK

4 letters
CHIA
EASE
ESPY
SPUD

5 letters
ABYSS
AWASH
PASTE
PUFFY
SNICK
STEEP

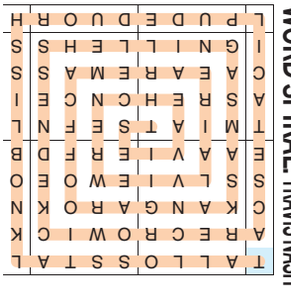
9 letters
NAKEDNESS
PLANETARY



Answers

CODE WORD: JORGIE PORTER

WORD SPIRAL: TRAVIS NASH

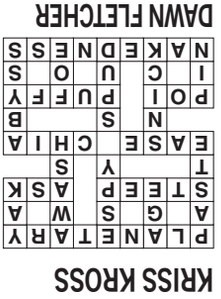


MIND THE GAP
PRODDING,
PATHOGEN,
OVERRIDE,
NIPPIEST,
FOOTNOTE,
OCCUPANT,
EXPLORER,
SHARPENS,
DORIN POP

ARROW WORD

BARNEY

KRISS KROSS



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- **22V lithium-ion batteries with twin chargers included.**

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